

July: Antioxidants

What are antioxidants and why are they important?

Antioxidants are substances that may protect your cells against free radicals, which may play a role in heart disease, cancer and other diseases. Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.

Researchers from the United States Department of Agriculture (USDA) found that blueberries, cranberries, blackberries, raspberries, and strawberries were among the top 11 foods for antioxidant activity.

Tip: Add berries to foods you already eat



Whole grain cereal with strawberries



Try making grilled fruit kabobs



Half your portion of ice cream and add berries

Chilled Blueberry Soup



Keep berries on hand in different forms

Most berries are naturally sweet and require little effort to prepare. They do not always have to be fresh; you can keep a variety on hand in frozen form to throw in yogurt or smoothies! Dried fruit is a great alternative to keep in your desk or bag. Often you can find dried cranberries and blueberries.



What to look for when shopping

Avoid buying bruised or oozing berries, and make sure to check berries at the bottom. Look for firm, plump, full-colored berries. At home, cover and refrigerate until ready to serve. Wash fruits before preparing or eating.

Try this Chilled blueberry soup recipe, a perfect way of incorporating fruits and dairy into your day.

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