



Secret Power of Antioxidants

This month, **Ms. Toots and the Fearless Foodies** visited our school to explore antioxidants. **Antioxidants** are part of fruits and vegetables that prevent damage to our cells which may prevent disease. There are 1000s of antioxidant in the world. We can't taste antioxidants, but we can see them! The color of the fruit or vegetable is linked to the type of antioxidants. One of the best ways to get what you need is to eat a variety of colorful fruits and vegetables.



Red foods are made red by lycopene and anthocyanin. Lycopene may reduce the risk of cancer, heart disease, and eye problems. It also may improve the immune system. Anthocyanin may reduce pain, depression, and anxiety.

Examples: strawberries, tomatoes, red peppers, cherries, grapes, apples

Green foods get their color from chlorophyll, which is antibacterial. It helps muscles grow and stay strong. Green foods are also the richest source of the dynamic duo zeaxanthin and lutein, which may reduce the risk of chronic eye diseases.

Examples: spinach, kale, asparagus, avocado



Orange foods have high levels of beta-carotene, which has cancer-fighting, anti-viral and eyesight-improving qualities.

Examples: squash, apricots, peppers, carrots, sweet potato

The **purple** and **blue** colors in produces come from flavonoids called anthocyanins. They may reduce cancer and stroke risks and improve memory.

Examples: beets, grapes, cabbage, blueberries, plums, prunes



Yellow foods have high levels of beta-cryptoxanthin, a brain-booster.

Examples: banana, yellow peppers, pineapple, yellow plums

Fruits and veggies with **white** flesh may help reduce the risk of stroke.

Examples: garlic, onions, coconut, bananas, mushrooms, cauliflower



What we tried in school



Ingredients:

- 1 strawberry, cut in ½
- 1 Tablespoon Greek yogurt
- 1 blueberry
- 1 raspberry
- 1 pomegranate seed

Instructions:

Place Greek yogurt on top of the strawberry. Then place a blueberry, raspberry, and pomegranate seed for an antioxidant boost!

Fearless Foodies is brought to you by the Waltham School Nutrition Department and Healthy Waltham. The goal is to introduce children in grades k-5 to new foods in a fun and exciting way.

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