

NUTRITION CORNER

JUNE 2022

From the desk of the OFA Registered Dietitian: Juanita Bryant, RDN, CDE



ANTIOXIDANTS

WHAT ARE THEY?

Small molecules that remove free radicals which play a role in heart disease, cancer, and other diseases.

WHERE CAN YOU FIND THEM?

Blueberries, Raspberries, Strawberries, Blackberries

Dark Leafy Greens

Sweet Potato, Pumpkin

Dried Fruits

Sage, Basil, Cinnamon

AND MORE!!



Eat a variety of fruits and vegetables!

Foods with darker, richer colors like orange, yellow, blue, and red tend to be higher in antioxidants.

Variety is the spice of life!

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