

NUTRITION

Cranberries and Antioxidants

Winter is a perfect time to cozy up by a warm fire and have some tasty cranberries. Cranberries are an excellent source of antioxidants. What are antioxidants? Keep reading to find out!

- * Antioxidants are powerful chemicals in food that help fight free radicals (damage causing agents) in the body and can help in preventing certain conditions such as cancer, diabetes and heart disease.
- * Can be found in most fruits, vegetables, and whole grains, as well as nuts and seeds.



Other good sources of antioxidants include:

Fruits	Vegeta-	Grains	Legumes	Nuts
Pomegranates	Kale	Millet	Pinto Beans	Walnuts
Berries	Spinach	Oats	Soybeans	
Citrus	Brussel sprouts			



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