

## Antioxidant-rich Fruits



**Blueberry**

### Types Of *Berries*



**Raspberry**



**Strawberry**



**Cranberry**



**Blackberry**



**Boysenberry**



**Blackcurrant**



**Redcurrant**



**Goji Berry**



**Acai Berry**



**Mulberry**



**Tayberry**



**Bilberry**



**Elderberry**



**Chokeberry**



**Cloudberry**



**Gooseberry**



**Cape  
Gooseberry**



**Huckleberry**



**Salmonberry**



**Lingonberry**

Antioxidant-rich fruits are those that contain high levels of compounds such as vitamins C and E, flavonoids, and polyphenols, which help combat oxidative stress in the body by neutralizing free radicals.

### **Oxidative Stress**

Oxidative stress occurs when there's an imbalance between free radicals and antioxidants in the body, leading to damage to cells, proteins, and DNA.

### **Free Radicals**

Free radicals are unstable molecules with unpaired electrons, making them highly reactive. They can form in the body through normal metabolic processes or due to external factors like exposure to radiation, pollution, or toxins. Free radicals can cause damage to cells, proteins, and DNA, leading to oxidative stress and contributing to accelerated aging and various diseases, including cancer, cardiovascular disease, and neurodegenerative disorders.

**Examples of antioxidant-rich fruits include:** berries (such as blueberries, strawberries, raspberries, and blackberries). Regular consumption of these fruits can support overall health and reduce the risk of chronic diseases by protecting cells from damage caused by free radicals.

### **List Of Some Antioxidant-rich Fruits**

- Bearberries
- Black Berries
- Blue Berries
- Cherries
- Elderberries
- Goji Berries
- Grapes
- Juniper Berries
- Mulberries
- Persimmons

Raspberries

Rosehip Berries

Strawberries

Regular consumption of these fruits can support overall health and reduce the risk of chronic diseases by protecting cells from damage caused by free radicals.

**Stay focused, it's time to place your health back into your control.**

**Ezekiel 47:12**

**12 And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine.**

Thank you for your support.

All1fitness LLC

