



## Antioxidants and Diabetes

Antioxidants help protect cells from damage caused by free radicals, which are linked to aging, inflammation, and chronic diseases like diabetes and heart disease. Eating a diet rich in antioxidant-packed foods can support overall health and may benefit diabetes management.

### What Are Antioxidants?

- Protect cells from oxidative stress
- Support immune function
- Help reduce the risk of chronic diseases
- Found naturally in fruits, vegetables, and whole foods

### Key Antioxidants and Their Benefits

**Vitamin C** – Supports immune health, wound healing, and iron absorption

Found in bell peppers, oranges, strawberries, broccoli, tomatoes, and kiwi

- RDA: 75mg (women), 90mg (men)

**Vitamin E** – Protects cells, supports heart health

Found in nuts, seeds, avocado, leafy greens, and vegetable oils

- RDA: 15mg (both men and women)

**Beta-Carotene** – Converts to Vitamin A, supports vision and skin health

Found in carrots, sweet potatoes, pumpkin, leafy greens, and red bell peppers

- Best obtained from whole foods, not supplements

**Selenium** – Works with Vitamin E to prevent oxidative damage

Found in brazil nuts, seafood, poultry, eggs, and whole grains

- RDA: 55mcg (both men and women)



## How to Get More Antioxidants in Your Diet

- Eat at least 5 servings of fruits and vegetables daily.
- Drink green tea for added antioxidant benefits.
- Choose whole grains, nuts, and seeds for selenium and vitamin E.
- Steam or lightly cook veggies to preserve nutrients.

## Should You Take Antioxidant Supplements?

Whole foods are the best source of antioxidants, but some people may benefit from supplements. Before taking any, consult your healthcare provider or a registered dietitian to determine what's right for you.

Antioxidants are a simple yet powerful way to support your overall well-being. Eating a balanced, nutrient-rich diet can help you manage diabetes and protect your health for years to come.



**We're committed to your health. Contact us today for more information.**



### **Advanced Diabetes Supply**

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