

NUTRITION NEWS

Antioxidant Boosters!

Turn up your health-enhancing power with these 10 superfoods.

Luckily Mother Nature provides us with plenty of fruits, vegetables, legumes and grains to help protect us against cellular damage. These nutritional powerhouses are loaded with thousands of different kinds of antioxidants.

Here are our **top 10** picks to get a bigger antioxidant bang with every bite.

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| #1 Cocoa | #6 Kale |
| #2 Tart Cherries | #7 Small Red Beans |
| #3 Artichokes | #8 Acai Berries |
| #4 Blueberries | #9 Apples |
| #5 Tomatoes | #10 Pecans |