



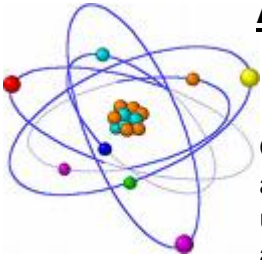
# Healthy Habits

The newsletter for busy Cal employees who want to improve their health!

April 20, 2009

WEEK 9

## Antioxidants: The Basics



One of the reasons that fruits and vegetables are so good for us is because they are rich in antioxidants. Antioxidants can help prevent, and in some cases even repair, damage to our cells caused by *free radicals*.

Free radicals are molecules that are produced by environmental exposures (such as tobacco smoke or UV rays) and within the body through the breakdown of food. They are highly reactive molecules and cause damage by “stealing” electrons from other molecules in the body.

Though an unavoidable part of life, too many free radicals in the body can start a chain of events contributing to heart disease, cancer, and other diseases. So, it is important to eat a diet rich in antioxidants to help fight off free radicals.

Some of the more well-known antioxidants include vitamin C, beta carotene, and vitamin E, found in colorful fruits and vegetables such as carrots, yams, red peppers, watermelon, and blueberries, as well as nuts. Eat a variety of antioxidants, vitamins and minerals every day by enjoying a rainbow of fruits and vegetables: red, orange, yellow, green, blue, purple, and white.

Help protect your body from cancer, heart disease, and other chronic diseases by eating a diet rich in fruits and vegetables.

## Add More Fruits and Vegetables to Your Diet

- **Stock up** on dried, frozen, or canned fruits and vegetables so you can always have some on hand. Look for fruits canned in their own juices or veggies without added salt.
- **Keep fruits and vegetables visible.** At work, keep a fruit bowl on your desk or in the break room. Share pear tomatoes, tangerine cuties or pineapple wedges with co-workers instead of candy or cookies. In your refrigerator, store fruits/veggies on the top shelf and closer to eye level.
- **Wash and (if necessary) chop** fruits and vegetables on the weekend so they are a quick grab during the work week.
- **Add vegetables to your vegetables** - make your salad a diverse and enjoyable experience.
- **Add extra** lettuce, tomatoes, dried blueberries or strawberries to your sandwich, dessert, oatmeal, etc.

Find more ideas at:  
**Fruits & Veggies – More Matters**

<http://www.fruitsandveggiesmorematters.org/>

## Announcements

### **Step Up to Fitness**

Tuesday, April 28, 12:10-1pm  
Tang Ed Center



Find out how you can fit fitness into your day by walking 10,000 steps wearing a pedometer. Receive an exercise band and learn a strength and stretching routine to round out your fitness program. Pedometers for sale, \$7 (incl. tax). Enroll at UCB Learning Center.