

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+



The Power of Antioxidants

Editors Note

Following August's newsletter focusing on Nutritional Supplementation I had a number of requests to discuss the topic of Antioxidants in more detail. This month's newsletter is in response to those requests. If you have any topic that you would like to be researched and printed for Forever Active's monthly newsletter please contact me at mike@forever-active.com.

For additional information on a variety of fitness, health and wellness topics please visit, www.forever-active.com.

Antioxidant nutrients - vitamins C and E, beta-carotene (a hydrocarbon that is converted to Vitamin A in the body) and selenium (mineral) - have been associated with lowering the risk of health problems such as heart disease, certain cancers (pancreatic), cataracts, macular degeneration and Alzheimer's disease. It is believed that these antioxidants work by inactivating free radicals which are toxic by-products of normal cell metabolism and linked to many diseases. As well, antioxidants have been shown to reduce ongoing, low-grade inflammation in the body which may play a role in many of the health conditions mentioned previously. Antioxidants' anti-inflammatory properties have also been shown to assist in the recovery from strenuous exercise.

Pancreatic Cancer Research

A recent study examining the relationship between diet and pancreatic cancer found that individuals with higher intakes of vitamin A and E and selenium were 67% less likely to develop pancreatic cancer than those whose diet provided less. Interestingly, trails on supplements for reducing cancer risk have not been as encouraging which suggest that nutrients in whole foods act differently and more effectively in their protective properties than those in high doses of supplements.

Red Wine & Heart & Stroke Research

J. of Cardiovascular Pharmacology

Epidemiological and experimental studies have revealed that mild to moderate drinking of red wine, attenuates the risk of heart attacks and strokes. The

cardio protective effect of red wine has been attributed to both components of wine: the alcoholic portion and, more importantly, the alcohol-free portion containing antioxidants. Wines are manufactured from grapes, which contain a large variety of antioxidants, including resveratrol, which is mainly found in the grape skin. Recent studies have demonstrated that resveratrol is the major compound present in grapes and wines that is responsible for cardio protection.

Summary

Free radicals contribute to chronic such as cancer, heart disease, Alzheimer's disease and vision loss. Antioxidants help reduce the harmful effects of free radicals if taken naturally through the diet and not through supplementation.

DID YOU KNOW

There is limited scientific evidence to support the use of antioxidant supplements to prevent disease. Observational studies (which track a group of people without changing their activities or providing special treatments) have shown that a higher intake of antioxidant-rich vegetables and fruits (antioxidants by diet) is associated with a reduced risk of certain chronic diseases. It is not clear, however, that the benefits are due to the antioxidants. Although observational studies, as well as laboratory research on the biochemistry of antioxidants, suggest that antioxidant supplements may have beneficial effects, clinical trials (controlled studies in people) have generally found no benefit.

Systematic reviews of the research literature have analyzed the use of antioxidant supplements for preventing cancer, cardiovascular disease, and eye disease, and reducing overall mortality in healthy people and people with various diseases. In general, these reviews have concluded that there is not enough evidence to support the use of antioxidant supplements for these purposes.

Large, long-term studies (randomized, controlled trials) funded primarily by U.S. National Institute of Health have generally found that antioxidant supplements have no beneficial effects.

Eating More Antioxidants in Your Diet (Don't rely on supplementation)



Current research is clear, antioxidants provide preventative health benefits if taken in sufficient quantities naturally in your diet but the same preventative benefits do not appear to hold up if taken as a supplement. Therefore the challenge is to eat more antioxidants in your diet. Follow the Canadian Food Guide (7-10 servings of Fruit and Vegetables, 6- 8 servings of Grains, 2-3 servings of milk and alternatives and meat and alternatives per day) and you will be fine but here is more specific information on how to ensure your diet has enough antioxidants;

Vitamin C

Recommended Daily Allowance:

Men- 90 mg

Women- 75 mg

Smokers- need an extra 35 mg

Note- RDA for vitamin C are intended to prevent deficiency, rather than chronic disease. Some experts are calling for the RDA to increase to 200 mg for health protection

Sources & Portions Sizes / Serving

Fruits

Strawberries (raw) – 1 cup

Raspberries – 1 cup

Oranges- 1 medium size

Grapefruit (red /pink) – ½ med. size

Kiwi – 1 large (~2 “)

Mango 1 cup

Juices

Orange juice – 1 cup

Tomato juice – 1 cup

Vegetables

Red pepper (raw) – ½ cup

Green pepper (raw) – ½ cup

Broccoli (cooked) – ½ cup

Vitamin E

Recommended Daily Allowances:

Men – 15 mg

Women – 15 mg

Sources & Portions Sizes / Serving

Grains and Nuts

Sunflower seeds – 2 tbsp

Almonds – ¼ cup

Hazelnuts, dry roasted – 24 nuts

Oils

Wheat germ oil – 1 tbsp

Sunflower oil – 1 tbsp

Safflower oil – 1 tbsp

Grapeseed oil – 1 tbsp

Canola oil – 1 tbsp

Olive oil – 1 tbsp

Vegetables

Spinach (frozen or cooked) – ½ cup

Beet greens – ½ cup

Broccoli – ½ cup

Tomato sauce (canned) – ½ cup

Selenium

Recommended Daily Allowances:

Men – 55 mg

Women – 55 mg

Sources and Portions Sizes / Serving

Nuts and Pasta

Brazil nuts – 1 nut

Spaghetti (whole wheat) – 1 cup

Sunflower seeds – ¼ cup

Brown rice – ½ cup

Fish and Meats

Tuna (light canned) – 3 oz

Cod (cooked) – 3 oz

Turkey (roasted) – 3 oz

Chicken breast (roasted) – 3 oz

Beef (sirloin) (roasted) – 3 oz

Dairy Products

Egg – 1 large

Cottage cheese – (1 %) – ¾ cup

Cheddar cheese – 1 oz

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October Special

Free Fitness Assessment and 50% off Your First 6 Exercise Sessions

(\$275.00 savings)

Phone: 416-487 –5174 Email: mike@forever-active.com

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Congratulations to 4 members of the Hogg's Hollow Run/Walk club for completing the 10 K Oasis Zoo Run/Walk race on Sept. 22.

Great job, Lots of fun all summer long. Keep up the good work and remember, “Success is in the Doing”