



THE ANTIOXIDANT CAPACITY OF VEGETABLES AND FRUITS

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A diet rich in fruits and vegetables is a basic recommendation of specialists for a healthy nutrition. Fruits and vegetables are excellent sources of antioxidants, vitamins and minerals, essential nutrients that stimulate the body's health and can help to offset certain diseases, be more energetic and healthier. Antioxidants are natural compounds that we find in fruits and vegetables and have shown an important role in stimulating and maintaining the health of the body, enabling it to deal with attacks from both external environment and internal. With antioxidants natural immune system can fight and neutralize aggression more quickly and thus prevent imbalances, diseases, inflammation, degenerative processes, aging and even activation and abnormal cell replication (typical cancers).