

ANTI-INFLAMMATORY DIET

Vibrant Nutrients: Unlocking the Power of Colorful Foods

Antioxidants, vitamins, minerals, and phytochemicals protect against oxidative stress and support health. Colorful foods provide diverse benefits, from immunity to skin health.

Category	Nutrient	Food Sources
	Vitamin A	Carrots, sweet potatoes, spinach, kale, liver, eggs
	Vitamin C	Citrus fruits, strawberries, bell peppers, kiwi, broccoli
	Vitamin E	Nuts, seeds, spinach, sunflower oil, almond
	Selenium	Brazil nuts, seafood, whole grains, eggs
	Zinc	Lean meat, shellfish, legumes, nuts, seeds, dairy
	Copper	Shellfish, nuts, seeds, whole grains, dark chocolate
	Magnesium	Almond, spinach, cashews, pumpkin seeds, legumes
	Carotenoids	Carrots, tomatoes, sweet potatoes, spinach, mangoes
	Flavonoids	Berries, apples, onions, tea, dark chocolate, citrus fruits
	Polyphenols	Green tea, dark chocolate, coffee, berries
	Lycopene	Tomatoes, watermelon, pink grapefruit
	Anthocyanins	Blueberries, black berries, red cabbage, cherries
	Lutein & Zeaxanthin	Leafy greens (spinach, kale), corn, eggs

***Footnote:** Magnesium is not an antioxidant but plays a key role in supporting antioxidant functions in the body by activating antioxidant enzymes.