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1 Antioxidants:principlesandapplications1 F.

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Shahidi 1.1 Introduction 1 1.2 Phenolic compounds in plant foods and natural health products and their structural features 2 1.3 Mixed tocopherols 9 1.4 Green tea 10 1.5 Rosemary and other herbs and spices 11 1.6 Food processing adjuncts as antioxidants 11 1.7 Legal status of antioxidants 12 References 12

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12 Healthy Foods High in Antioxidants 1. Dark Chocolate. Lucky for chocolate lovers, dark chocolate is nutritious. It has more cocoa

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than regular chocolate, ... 2. Pecans. Pecans are a type of nut native to Mexico and South America. They are a good source of healthy fats and... 3. Blueberries. ...

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F. Shahidi, in Handbook of Antioxidants for Food Preservation, 2015. Abstract.

Antioxidants are used in food to protect it from deleterious effects of oxidation and are also employed as dietary supplements to neutralize the adverse effects of oxidative stress. Many of the natural antioxidants of interest are of plant origin and belong to the phenolic and polyphenolic class of compounds as well as carotenoids and antioxidant vitamins, among others.

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