

THE RELATION BETWEEN ANTIOXIDANTS AND THE MEDITERRANEAN DIET

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Free radicals are waste substances produced by cells as the body processes food and reacts to the environment. If the body cannot process and remove free radicals efficiently, oxidative stress can result. This can harm cells and body function.

To stabilise free radicals, antioxidants are needed. The body itself produces endogenous antioxidants, but you also need exogenous antioxidants which can be found in food. The different antioxidants support each other and make each other more effective.

The Mediterranean diet is full of antioxidants, the reason for this occurrence is that they eat a lot of vegetables, olive oil, fruits, breads, nuts, seeds and even wine. They prefer fresh food.

The most important antioxidants are vitamin A, C, E and also BHT and BHA which are synthetic and polyphenols.

Polyphenols, which are an example of antioxidants, can be found in plants and especially olive oil. The plants use the polyphenols to protect themselves from insects.

That's the reason why olive oil has such a good effect on our health.

Antioxidants prevent cardiovascular diseases and cancer, so they provide a longer life expectancy. And since the Mediterranean diet is full of those free radical preventers the people who live in the Mediterranean area live longer.

Sources:

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And the notes from the lecture on Monday



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