



Benefits and Risk of Human Health by Antioxidants

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Description

Antioxidants are sometimes called as the free-radical scavengers. Because this substances helps to prevent the slow damage to cells caused by free radicals, unstable molecules that the body produces as a reaction to other pressures and environmental.

The sources of antioxidants include artificial or natural sources. Whereas certain source of plant-based foods which are obtained by humans are thought to be rich in antioxidants. Plant-based antioxidants are a kind of plant-based nutrient, or phytonutrient. Also our body also produces trusted source which includes some antioxidants, such as endogenous antioxidants. The antioxidants which are obtained outside the body are called exogenous.

The body processes food and reacts to the environment it is because of the free radicals which act as the waste substances produced by cells trusted source. Oxidative stress is caused if the body remove free radicals efficiently and cannot process, by this body functioning does not take place and it also harm cells. The other term used for free radicals are Reactive Oxygen Species (ROS).

Factors which increase the free radicals production in the body can be external, such as pollution, UV exposure and cigarette smoke. Antioxidants help to neutralize free radicals in our bodies, and it also boosts the overall health.

Sources of antioxidants through food

Plant-based foods are the best sources of antioxidants, especially vegetables and fruits. High in antioxidants foods that are particularly often referred to as a “functional food” or “super food”. To gain some specific antioxidants, we must try to include the below nutrients food in our diet:

Vitamin A: Dairy produce, eggs and liver.

Vitamin C: Most vegetables and fruits, especially oranges, bell peppers and berries.

Vitamin E: Seeds and nuts, other vegetable oils, sunflower and green leafy vegetables.

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Beta-carotene: Brightly coloured vegetables and fruits, such as peas, carrots, mangoes and spinach.

Lycopene: Red fruits and vegetables, including tomatoes and watermelon.

Lutein: Papaya, Green leafy vegetables, oranges and corn.

Selenium: In this it consists of rice, other whole grains, wheat, and corn as well as eggs, legumes, cheese and nuts. Whereas some other foods that are entrusted to be friendly sources of antioxidants which include:

- Egg plants
- Legumes such as kidney beans or black beans
- Green and black teas
- Red grapes
- Dark chocolate
- Pomegranates
- Goji berries

The most antioxidants are found in foods with rich vibrant colours. The following foods are good sources of antioxidants. There are more health benefits and nutritional information in the below mentioned foods:

- Blueberries
- Apples
- Broccoli
- Spinach

Risks of antioxidant while in taking

Antioxidants usually have good press for their beneficial effects helping to prevent disease, but these powerful compounds may also have a dark side. Antioxidants when consumed in large amount in the form of supplements could lead to disease and an increased risk of death, instead of having a beneficial effect.

High intake level of supplements of antioxidants may be linked to health risks in some cases. For example, lung cancers in smokers are caused due to high doses of beta-carotene. Prostate cancer and one other type of stroke are

cause due to high doses of vitamin E.

Effect on antioxidant while cooking

Cooking particular foods can either decrease or increase antioxidant levels. Tomatoes their rich red colour is obtained by antioxidant Lycopene. When tomatoes are heat-treated,

the lycopene becomes more bio-available also it is easier for our bodies to use and process.

However, studies have shown that peas, zucchini and cauliflower lose much of their antioxidant activity in the cooking process. Keep in mind that the important thing is eating a variety of antioxidant-rich foods, raw and cooked.