
Tomatoes: a useful source of beta carotene (vitamin A), vitamin C, folate and potassium. A good source of lycopene, an antioxidant that protects against some cancers.

Cruciferous crops: brussels sprouts, cabbage etc. An excellent source of vitamin C, a good source of vitamin A and folate. Rich in bioflavonoids and other phytochemicals (plant chemicals) that protect against some cancers. A source of fiber.

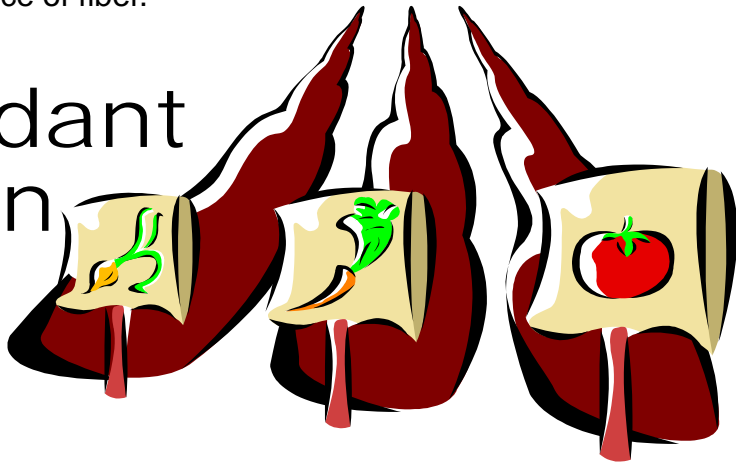
Peppers: sweet and hot—excellent low-calorie source of vitamins A and C.

Asparagus: good source of vitamins A and C, along with folate. The stalks are high in fiber.

Sweet corn: good source of vitamin A. A source of fiber.

The Antioxidant Garden

Melons: watermelons, cantaloupe and honeydews—an excellent source of vitamins C and A (yellow varieties). A good source of potassium.



Beets: a good source of folate; consume the greens and pick up rich sources of potassium and beta carotene.

Carrots: an excellent source of beta carotene and dietary fiber. May lower blood cholesterol levels and protect against some cancers.