

Foods with ample antioxidants

The term “antioxidants” is frequently associated with cancer prevention. Antioxidants are helpful, but many people may not fully comprehend the role antioxidants play in fighting cancer.

Antioxidants are chemicals that interact with and neutralize free radicals, thus preventing them from causing damage, offers the National Cancer Institute. Free radicals are formed in the body by exposure to ionizing radiation and other radiation. An excessive amount of free radicals in the body can negatively affect cells and potentially lead to the formation of various types of cancer and other diseases.

While the body makes some of the antioxidants it uses to scavenge free radicals and render them ineffective, it also relies on antioxidants from food sources.

The Dana-Farber Cancer Institute says that, to date, nine randomized controlled clinical trials of dietary antioxidant supplements for cancer prevention have been conducted worldwide. Some studies have pointed to the benefits of antioxidant supplements, while others found that these supplements can actually elevate cancer risk or diminish the efficacy of cancer treatments. Increasing antioxidant intake may be best accomplished by eating a variety of plant-based foods that contain high levels of naturally occurring antioxidants, rather than through supplementation.

So what foods offer the highest levels of potentially cancer-fighting antioxidants? The largest and most comprehensive study to date into antioxidant levels was published in 2004 in the Journal of Agriculture and Food Chemistry by the U.S. Department of Agriculture. Researchers analyzed antioxidant levels in more than 100 foods. In addition to pointing out many foods people already knew to be antioxidant-rich, researchers uncovered some surprises.

Here’s a look at some of the best bets for beneficial foods that may be part of a cancer-fighting diet.

- small red bean (dried)
- wild blueberry
- red kidney bean (dried)
- pinto bean
- cultivated blueberry
- cranberry
- cooked artichoke
- blackberry
- prune
- raspberry

These foods rank high among those with the most antioxidants per serving, according to the USDA. However, many other foods also are great sources of antioxidants. These include russet potatoes, pecans, gala apples, walnuts, Indian gooseberries, cloves, and mint.

Eating a variety of fruits and vegetables, particularly berries, can provide many of the antioxidants the human body needs to neutralize the potential damage caused by free radicals.



Berries, by and large, are fruits that have some of the highest antioxidant levels.

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110 Announcements

SETTLER'S PARK ACTIVITIES

1st FRIDAY
(every month)
Ceramics with Donna
9:00am to Noon
(prices starting at \$3)

SUNDAY
Church Services
3:00pm

MONDAY NIGHTS
Nail Care
5:15pm (FREE)

LAST TUESDAY
(every month)
Poker Night (FREE)
6:00pm

WEDNESDAY
Public Bingo, 1:30pm
(.50 cents per card)

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(Monday - Friday)
Exercise Class
9:30am (FREE)

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114 Self-Help Group Meetings

UNION COUNTY AA MEETINGS LA GRANDE

MONDAYS
Primary Purpose Group
12 - 1:00pm
2620 Bearco Loop

TUESDAYS
Into Action Group
12 - 1:00 pm
Presbyterian Church
1308 Washington Ave.
(entry 6th & Spring St.)

Surrender Group
7 - 8:00 pm
2620 Bearco Loop

City of Elgin
Greater Elgin Group
7 - 8 :00 pm
St. Mary's Catholic Church
93 S 12 St., Elgin

WEDNESDAYS
Primary Purpose Group
12 - 1:00 pm
2620 Bearco Loop

Surrender Group
7 - 8:00 pm
2620 Bearco Loop

Island City
Soul Sister's
5:30 p.m.
10801 Walton Rd.
Blue Springs Apartments
Community Room

Turning Point Group
7 - 8:15 pm
63161 Gekeler Lane
Fort Union Grange Hall
(Corner of McAllister & Gekeler)

114 Self-Help Group Meetings

THURSDAYS
Surrender Group
7 - 8:00 pm
2620 Bearco Loop

City of Cove
Cove Group
7 - 8:00 pm
Baptist Church
707 Main St.

FRIDAYS
Primary Purpose Group
12 - 1:00 pm
2620 Bearco Loop

City of Elgin
Elgin Group (Winter only)
6:00 PM
70564 Valley View Rd
(in shop)

SATURDAYS
Surrender Group
10 - 11:00 am
2620 Bearco Loop

Grande Ronde Valley Group
7 - 8:00 pm
Presbyterian Church
1308 Washington Ave.
(entry 6th & Spring St.)

SUNDAYS
Miracles Meeting
10 - 11:00 am
2620 Bearco Loop

Questions call AA Hotline: 541-624-5117
www.oregonaadistrict29.org

114 Self-Help Group Meetings

WALLOWA COUNTY AA MEETINGS

Enterprise MONDAYS
Enterprise Group
7:00 pm
113.5 E Main St.

TUESDAYS
Enterprise Group
12 - 1:00 pm
113.5 E Main St.

Enterprise Group
7 - 8:00 pm
(Big Bk Study)
113.5 E Main St.

WEDNESDAYS
Enterprise Group
7:00 pm
113.5 E Main St.

THURSDAYS
Enterprise Group
12 - 1:00 pm
113.5 E Main St.

All Saints (Mens Mtg)
7:00 pm
113.5 E Main St.

FRIDAYS
Enterprise Group
7:00 pm
113.5 E Main St.

SATURDAYS
Enterprise Group
7:00 pm
113.5 E Main St.

City of Joseph MONDAYS
Grace and Dignity (Womans Mtg)
6:00 pm
Joseph United Methodist Church
301 S. Lake St.
Corner 3rd & Lake
Side Stairs on Lake St.

WEDNESDAYS
Grace and Dignity (Womans Mtg) 12 pm
301 S. Lake St., Church Basement

City of Wallowa SUNDAYS
Assembly of God Church
7pm

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