

# Download Food And Free Radicals

Although antioxidants from food can help combat free radical damage in your body, antioxidants may be harmful when taken out of their natural context, as is the case with antioxidant supplements. A free radical is an atom or molecule that has unpaired electron which attacks healthy cells trying to steal electrons and rebalance, causing damage to good cells. Free radicals attack cells and cause damage in the body. Sugar can form free radicals in the body, so it would be counterproductive to eat a food for its antioxidant value if it contains too much sugar. The tart taste of cranberries can be offset with other fruits and berries that are a bit sweeter and will help to balance it out. Free radicals attack important macromolecules leading to cell damage and homeostatic disruption. Targets of free radicals include all kinds of molecules in the body. Among them, lipids, nucleic acids, and proteins are the major targets.