Juicing Up?

Why drinking acai and other fruit drinks isn't the best way to get your antioxidants

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You can't watch TV or check your e-mail without seeing at least one ad for acai or other "super juices." These drinks claim to be packed with antioxidants that can promote weight loss, reverse diabetes, halt Alzheimer's disease and cure cancer.

While antioxidants may indeed protect cells from the damage caused by unstable molecules known as free radicals, no scientific evidence supports the claims of these attention-grabbing juice manufacturers.

Instead of believing the hype, *RH* suggests you add the foods in the chart to your diet. These nourishing staples top the U.S. Department of Agriculture's (USDA) list of foods with the most antioxidants.

Food Item	Serving Size	TAC Units*
Small red bean (dried)	Half cup	13,727
Wild blueberry	1 cup	13,259
Red kidney bean (dried)	Half cup	11,864
Pinto bean	Half cup	9,019
Blueberry (cultivated)	1 cup	8,983
Cranberry	1 cup (whole)	7,904
Artichoke (cooked)	1 cup (hearts)	7,701
Blackberry	1 cup	7,291
Prune	Half cup	7,291
Raspberry	1 cup	6,058

*TAC=Total Antioxidant Capacity measured per 100 grams of a food

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http://beta.docker.realhealthmag.com/article/antioxidents-acai-juice-17187-6199