

“Radical” Reasons for Antioxidant Rich Baby Food



Babies are big eaters (relative to their size) and fast growers. Because of this, they use lots of oxygen that helps cells metabolize food into the energy that is necessary for development. A natural outcome of this process is the production of free radicals - cells that are missing an electron on their outer shell. Left unchecked, these free radicals will look to “steal back” that electron from other cells including DNA, proteins, and fats. These free radicals can interfere with healthy growth and development.




Fortunately there are protectors that can help prevent free radical damage. These protectors are antioxidants. Antioxidants donate electrons back to free radicals, thus preventing damage to other cells. Antioxidants also help reduce the damage to the body caused by chemicals and pollutants. Certain fruits and vegetables are rich in antioxidants including vitamins A and C.

Nursing moms who eat a diet abundant in fruits and vegetables and other foods containing antioxidants provide their babies with antioxidant rich milk. To provide weaning babies with some of the antioxidant protection they've been afforded by mother's milk or enriched formula, Earth's Best developed a line of baby foods rich in vitamins A and C and phytochemicals

Vitamin C is a water-soluble vitamin which the body cannot store. That means you need a continuous supply of such vitamins in your daily diet. A daily jar of Earth's Best Antioxidant Baby Food, such as Carrot Tomato, is a delicious way for babies to get this important vitamin as well as develop a taste for antioxidant rich fruits and vegetables. ([link to product here](#))

Vitamin A is required for a vast number of biological processes like vision and cellular growth, and recommended daily amounts should be assured, particularly in children. Vitamin A deficiency may compromise immunity making you are more susceptible to infectious diseases and vision

problems.  Deep yellow fruits and vegetables are one of the best sources of vitamin A. A jar of Earth's Best Sweet Potato Apricot is an excellent source of vitamin A. ([link here to product](#))

The best way for baby to get all the antioxidants he needs is to eat a varied diet of natural and wholesome foods. That's because antioxidants work synergistically and may provide greater benefit together than they do individually. Help your baby to develop a preference for a diet brimming in antioxidant prolific foods and you'll give your baby a tool for lifelong good health.