

A Nutritionist and Dietitian Explains: How and Why to Eat More Antioxidants

March is National Nutrition Month, and the Houstonian Club's registered dietitian shares her recommendations on which ingredients best fight free radicals.

HOUSTON, TX, UNITED STATES, March 21, 2023 /EINPresswire.com/ -- [The Houstonian Club](#) is one of the country's only luxury fitness facilities providing its members with an all-encompassing wellness experience through fitness, cutting-edge technology, and nutritional advice. During National Nutrition Month, registered dietitian Denise Hernandez helps her clients and The Houstonian Club's members better understand the importance of antioxidants and free radicals so that they can make more informed decisions about their diets.



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*Denise Hernandez, MS, RD, LD
Nutritionist and Dietitian.*

"Free radicals are molecules broken down through normal metabolism and exposure to chemicals like air pollution, sunlight, or cigarette smoke. They are capable of damaging cells and genetic material at very high levels," says Hernandez. "Free radicals are associated with diseases including cancer, atherosclerosis, Alzheimer's, and Parkinson's disease, among others."

Although free radicals can harm the body, antioxidants are vitamins and other nutrients in plant-based foods that can prevent, or slow damage caused by free radicals. According to Hernandez, our bodies produce some antioxidants but

not in sufficient amounts. However, the nutrients can be acquired through the diet, especially in fruits and vegetables.

"I call them nature's ninjas because of their ability to combat the snowball effect of free radical scavenging. Acquiring antioxidants through whole foods is one of the best ways to access them," notes Hernandez.

"Supplementing is possible, but it is necessary to consult a dietitian or other healthcare provider to ensure that you are getting the right amount and that it is not interacting with any medication or supplements."

Hernandez recommends that her clients add at least three antioxidant-rich foods to their weekly grocery carts. One of the easiest ways to remember which foods contain antioxidants is by their color. "I always remind my clients that their grocery cart should be as free of processed foods as possible and contain a rainbow of different colored fruits and vegetables."

Here are Hernandez's top picks for antioxidant-rich foods along with a muffin recipe for an easy way to pack in the nutrients on the go.

GREEN: Leafy green vegetables, lettuce, peas, kiwi, broccoli, and cabbage help to maintain good vision and reduces the risk of certain types of cancers.

ORANGE: Carrots, pumpkins, mango, apricots, peaches, and citrus fruits help to maintain good vision, teeth, bones, and healthy skin.

RED: Tomatoes, strawberries, raspberries, red apples, and cabbage help to control high blood pressure and reduces the risk of cancer, heart disease, diabetes, and Alzheimer's.

BLUE: Blueberries, blackberries, purple grapes, eggplant, and plums help to slow the effects of aging.

WHITE: Garlic, onions, leeks, scallion, and chives help to lower high blood pressure and cholesterol and reduce the risk of heart attacks and cancer.

[Photos available here.](#)

Mini Frittata Muffins

Ingredients

4 tbsp Olive Oil, Extra Virgin

½ medium White onion (finely diced)

3 clove(s) Garlic (minced)

1 tsp Himalayan Sea salt

1 tsp Black pepper



These mini frittata muffins are packed with antioxidants and a perfect snack while on the go. They are also easy to make and the recipe is available in the article.

- 8 jumbo eggs
- 1/4 cup Milk, fat-free (skim)
- 2 tbsp Coconut flour
- 1/2 lb. Frozen spinach (thawed and squeezed dry)
- 1 cup Cherry Tomatoes (halved)

Instructions

1. Preheat oven to 375°F (190°C). Heat olive oil over medium heat in a large cast-iron skillet and sauté onion until soft and translucent.
2. Add garlic. Season with salt and pepper and spoon to a plate to cool to room temperature.
3. In a large bowl, beat the eggs with milk, coconut flour, salt, and pepper until combined. Then, add the spinach and stir to combine.
4. Brush the remainder of melted oil onto a muffin tin.
5. Spoon the egg mixture into the muffin tins and top with halved cherry tomatoes.
6. Bake in the oven for 20 minutes, rotating the tray at the halfway point. Let muffins cool in the pan for a few minutes.

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Denise Hernandez MS, RD, LD Nutritionist and Dietitian at The Houstonian Club, helps her clients and The Houstonian Club's members better understand the importance of antioxidants and free radicals so that they can make more informed decisions about their diets.

Located in the heart of Houston, The Houstonian Hotel, Club & Spa is a Forbes Travel Guide Four-Star secluded retreat adjacent to the city's iconic Memorial Park and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian recently completed a \$70 million master plan renovation and was named in Travel + Leisure's World Best Awards as the #1 Resort Hotel in Texas. The resort is a member of Preferred Hotels and Resorts and is known for its timeless nature, elegant décor, private fitness club, and its involvement in Houston's historic events and celebrations. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its 280 newly renovated guest rooms and suites, including a new Bush Suite with memorabilia from President George H.W. Bush's time at the property. TRIBUTE restaurant serves authentic Tex-Lex cuisine with an impressive wine list, The Bar & Patio is a classic local favorite, and the Coffee Shop serves guests in the elegant hotel lobby. The hotel has 33,890 square feet of indoor meeting space and 87,349 square feet of outdoor meeting space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 185,000-square-foot Houstonian Club offers over 180 weekly

group exercise classes, aquatic programs, indoor and outdoor tennis, a resort pool with a rockslide, a 25-meter sports lap pool, and a quiet garden pool. Houstonian Club Members and Houstonian Hotel guests enjoy the club's luxurious locker rooms and wet areas, a fully equipped fitness floor with over 300 pieces of equipment, indoor turfing fitness zone, enhanced group exercise fitness studios, cycle studio, a private yoga studio with aerial silks, and an indoor basketball court. The club also provides 2 areas for children ages 6 weeks to 12 years, kids camps, and special events and programming plus an outdoor playground and butterfly garden. Poolside dining is available at the expansive Arbor Grill, with wood decks, TVs, and a fire pit, and the club's grab-and-go called Refuel offers light fare and Starbucks Coffee. The club offers a full-time registered dietitian, and a wellness therapy suite called The Covery by The Houstonian Club. At 26,500 square feet, the new Trellis Spa at The Houstonian is the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception, renovated treatment rooms, sauna and wet areas, a scenic treetop dining room, an indoor Reflection Pool, and tranquil lounging areas. Trellis offers a Skin Care Clinic and a resident celebrity makeup artist. Its outdoor Soaking Pools and Garden provides an authentic contrast bathing experience with open-air cabanas, rocking chairs, a fire pit, and a butterfly art installation. The Houstonian also includes Sage 'n' Bloom Floral Studio, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations on-property and to the public.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

The Houstonian Hotel, Club & Spa / 111 North Post Oak Lane / Houston, Texas 77024

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<https://www.instagram.com/houstonianclub/>

Gabi De la Rosa

The Houstonian Hotel Club & Spa

+1 832-202-9600

[email us here](#)

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