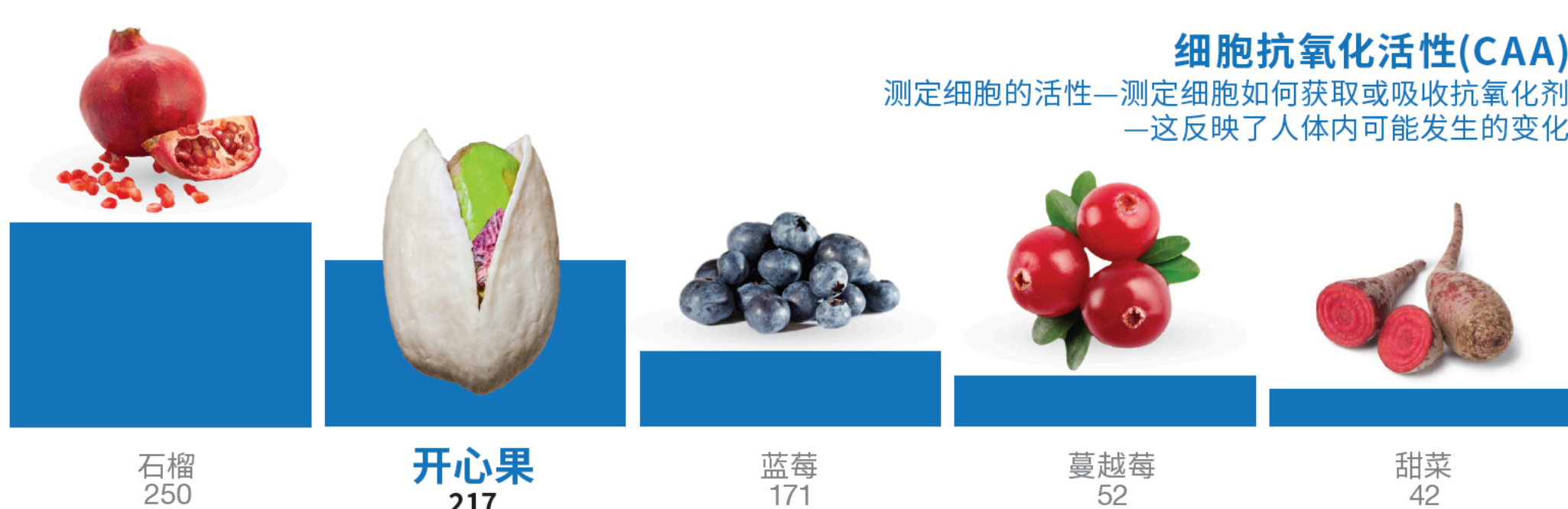


# 开心果的抗氧化能力



开心果富含抗氧化剂，其抗氧化能力可与常见的抗氧化食物相媲美<sup>1</sup>。

## 常见食物的抗氧化活性<sup>2,3</sup>



<sup>1</sup> Yuan W, Zheng B, Li T, Liu RH. "Quantification of Phytochemicals, Cellular Antioxidant Activities and Antiproliferative Activities of Raw and Roasted American Pistachios (Pistacia vera L)." *Nutrients* (2022); 14 (15): 302. <https://doi.org/10.3390/nu14153002>.  
<sup>2</sup> Wolfe KL, et al. "Cellular Antioxidant Activity (CAA) Assay for Assessing Antioxidants, Foods, and Dietary Supplements." *Journal of Agriculture and Food Chemistry*. (2007): 55:8896-8907.  
<sup>3</sup> Song W, et al. "Cellular Antioxidant Activity of Common Vegetables." *Journal of Agriculture and Food Chemistry*. (2010): 58, 6621-6629. DOI: 10.1021/jf9035832.

## 抗氧化剂



AmericanPistachios.cn



可通过防止细胞氧化来保护身体免受自由基的伤害。自由基损伤来自日常的生命活动，如饮食、呼吸、运动、环境毒素等。

## 如何提高抗氧化剂在每餐中的摄入

在燕麦或酸奶冻糕上撒上开心果碎

以开心果为主要蛋白来源，制作属于自己的植物性饮食便当

将开心果加入您最喜欢的奶昔中或是直接使用

将开心果混合入您最喜欢的酱料配方中，或将开心果碎裹在鱼肉外面形成外皮

**开心果是完全蛋白**

<sup>4</sup> Poles J, Karhu E, McGill M, McDaniel HR, Lewis JE. "The Effects of Twenty-Four Nutrients and Phytonutrients on Immune System Function and Inflammation: A Narrative Review." *J Clin Transl Res*. (2021, May 27): PMID:34239993.  
<sup>5</sup> Velmurugan B, Rathinasamy B, Lohanathan B, Thiagarajan V, Weng CF. "Neuroprotective Role of Phytochemicals." *Molecules*. (2018); 23, (10) 2485. DOI: 10.3390/molecules23102485.  
<sup>6</sup> Luo J, Si H, Jia Z, Liu D. "Dietary Anti-Aging Polyphenols and Potential Mechanisms." *Antioxidants* (Basel). (2021, Feb 13): DOI: 10.3390/antiox10020283. PMID: 33668470; PMCID: PMC7918214.  
<sup>7</sup> Jayedi A, Rashidy-Pour A, Parohan M, Zargar MS, Shady-Bidar S. "Dietary Antioxidants, Circulating Antioxidant Concentrations, Total Antioxidant Capacity, and Risk of All-Cause Mortality: A Systematic Review and Dose-Response Meta-Analysis of Prospective Observational Studies." *Adv Nutr*. (2018, Nov 1): 9 (6):701-716. DOI: 10.1093/advances/nmy040. PMID: 30239557; PMCID: PMC6247336.