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Healthy Dessert: "Peaches And Phytochemicals". And new varieties yielding even greater levels of cancer-fighting antioxidants and other phytochemicals will be typical for new varieties in coming years, a Texas Agricultural Experiment Station horticulturist believes. "The trend is to develop varieties that have more health benefits,...

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This recipe for dark chocolate mousse has it all: including plenty of antioxidants from dark chocolate with a cacao content of 70 percent or more and no dairy. The addition of coconut milk, raw honey, and a touch of vanilla sweetens bitter dark chocolate, but each provides its own health benefits.

1. Fig and Cherry Paleo Bites. If you're eating paleo, you shun added sugar. That means dessert is usually a pretty low-carb affair. With dark chocolate chips for antioxidants, and ingredients like hazelnuts, cinnamon, and coconut, these "bites" are sure to win over the whole family. Get the recipe!

Flavonoids: Flavonoids contain the common antioxidants catechins and anthocyanins, which are known to fight against cancer and heart disease. You can find flavonoids in green tea, coffee, chocolate (opt for dark chocolate with at least 70 percent cocoa) and citrus fruits like grapefruit and oranges.

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Antioxidants and Phytochemicals for Cancer Prevention. Phytochemicals, antioxidants, flavonols —these healthy food properties are all important aspects of a cancer-fighting diet. Many people use these terms interchangeably even though they each have very different meanings and properties.

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