

**COMMON  
ANTI-OXIDANT RICH  
FOODS**

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What are the most anti-oxidant rich common foods?

An important adjunct in the prevention of cancer, heart disease, Parkinson's disease, Alzheimer's is to ensure that antioxidant-rich foods are included in the diet. Antioxidants promote health by preventing and repairing damage to cells by free radicals.

Plant foods are plentiful in antioxidants, particularly those that have bright colours; and in the *Journal of Agricultural and Food Chemistry* June, 2004, the most antioxidant-rich common foods were noted as follows:

<b>Rank</b>	<b>Food</b>	<b>Serving Size</b>	<b>Antioxidant Capacity per Serving</b>
1	Small red beans, dried	1/2 cup	13727
2	Wild blueberries	1 cup	13427
3	Red kidney beans, dried	1/2 cup	13259
4	Pinto beans	1/2 cup	11864
5	Blueberries, cultivated	1 cup	9019

<b>Rank</b>	<b>Food</b>	<b>Serving Size</b>	<b>Antioxidant Capacity per Serving</b>
6	Cranberries	1 cup	8983
7	Artichoke hearts, cooked	1 cup	7904
8	Blackberries	1 cup	7701
9	Dried prunes	1/2 cup	7291
10	Raspberries	1 cup	6058
11	Strawberries	1 cup	5938
12	Red delicious apple	One	5900
13	Granny Smith apple	One	5381
14	Pecans	1 ounce	5095
15	Sweet cherries	1 cup	4873
16	Black plum	One	4844
17	Russet potato, cooked	One	4649
18	Black beans	1/2 cup	4181
19	Plum	One	4118
20	Gala apple	One	3903

*(Journal of Agricultural and Food Chemistry, June 2004)*

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#### **Four Major Categories**

The highest ranked anti-oxidant foods in the four main categories are as follows:

##### **Fruits**

Blueberries, cranberries, and blackberries

##### **Vegetables**

Beans, artichoke hearts, and russet potatoes

##### **Nuts**

Pecans, walnuts, and hazelnuts

##### **Spices**

Cinnamon, oregano, and ground cloves

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