

List of Top foods rich in Antioxidants

The majority of living beings need oxygen to ensure their existence while oxygen can produce free radicals that are also called reactive oxygen species (ROS, for reactive oxygen species) toxic to the integrity of the body cells. organisms have a system of antioxidants and enzymes that work together to prevent damage to cell components such as DNA , lipids, and proteins .

Many studies have attempted to study the impact of taking dietary supplements of antioxidants in the prevention of different diseases.

The best known antioxidants are β -carotene (provitamins A), ascorbic acid (vitamin C), tocopherol (vitamin E), polyphenols and lycopene. These include flavonoids (widespread among plants), tannins (in cocoa, coffee, tea, grapes, etc.), anthocyanins (especially in red fruits) and phenolic acids (in cereals, fruits and vegetables).

Antioxidant in Beverages

	Antioxidant content mmol/100 g ^{a)}	n	min	max
Apple juice	0.27	11	0.12	0.60
Black tea, prepared	1.0	5	0.75	1.21
Cocoa with milk	0.37	4	0.26	0.45
Coffee, prepared filter and boiled	2.5	31	1.24	4.20
Cranberry juice	0.92	5	0.75	1.01

	Antioxidant content mmol/100 g^{a)}	n	min	max
Espresso, prepared	14.2	2	12.64	15.83
Grape juice	1.2	6	0.69	1.74
Green tea, prepared	1.5	17	0.57	2.62
Orange juice	0.64	16	0.47	0.81
Pomegranate juice	2.1	2	1.59	2.57
Prune juice	1.0	3	0.83	1.13
Red wine	2.5	27	1.78	3.66
Tomato juice	0.48	14	0.19	1.06

^{a)} Mean value when n > 1

Antioxidant in nuts, legumes and grain products

	Antioxidant content mmol/100 g^{a)}	n	Min	Max
Barley, pearl and flour	1.0	4	0.74	1.19
Beans	0.8	25	0.11	1.97
Bread, with fiber/whole meal	0.5	3	0.41	0.63
Buckwheat, white flour	1.4	2	1.08	1.73
Buckwheat, whole meal flour	2.0	2	1.83	2.24
Chestnuts, with pellicle	4.7	1	—	—
Crisp bread, brown	1.1	3	0.93	1.13
Maize, white flour	0.6	3	0.32	0.88
Millet	1.3	1	—	—
Peanuts, roasted, with pellicle	2.0	1	—	—

	Antioxidant content mmol/100 g^{a)}	n	Min	Max
Pecans, with pellicle	8.5	7	6.32	10.62
Pistachios	1.7	7	0.78	4.98
Sunflower seeds	6.4	2	5.39	7.50
Walnuts, with pellicle	21.9	13	13.13	33.29
Wheat bread, toasted	0.6	3	0.52	0.59
Whole wheat bread, toasted	1.0	2	0.93	1.00

mean value when n > 1

Antioxidants in spices and herbs

	Antioxidant content mmol/100 g^{a)}	n	Min	Max
Allspice, dried ground	100.4	2	99.28	100.40
Basil, dried	19.9	5	9.86	30.86
Bay leaves, dried	27.8	2	24.29	31.29
Cinnamon sticks and whole bark	26.5	3	6.84	40.14
Cinnamon, dried ground	77.0	7	17.65	139.89
Clove, dried, whole and ground	277.3	6	175.31	465.32
Dill, dried ground	20.2	3	15.94	24.47
Estragon, dried ground	43.8	3	43.22	44.75
Ginger, dried	20.3	5	11.31	24.37
Mint leaves, dried	116.4	2	71.95	160.82
Nutmeg, dried ground	26.4	5	15.83	43.52
Oregano, dried ground	63.2	9	40.30	96.64
Rosemary, dried ground	44.8	5	24.34	66.92

	Antioxidant content mmol/100 g^{a)}	n	Min	Max
Saffron, dried ground	44.5	3	23.83	61.72
Saffron, dried whole stigma	17.5	3	7.02	24.83
Sage, dried ground	44.3	3	34.88	58.80
Thyme, dried ground	56.3	3	42.00	63.75

^{a)} mean value when n > 1

Source : Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutrition Journal*. 2010;9:3. doi:10.1186/1475-2891-9-3.