

Highest Anti Oxidants

Fruit

Acia Berries*
Golgi Berries*
Cranberries*
Apple*
-Red Delicious
-Granny Smith
Pear*
Black Plum*
Pomegranate
Blueberries*
Blackberries
Dry Apricots
Strawberries
Raspberries
Currants
Golden raisins

Vegies

Purple Cabbage*
Kale*
Spinach*
Artichoke*
Brussels sprouts
Alfalfa sprouts
Broccoli

Seeds/Nuts

Pecans*
Walnuts*
Hazelnuts
Pistachios
Almonds
Sunflower

Legumes

Black beans*
Lentils*
Red beans
Pinto beans

Spice

Cloves*
Oregano*
Allspice
Cinnamon*
Sage
Peppermint
Thyme

Miscellaneous

Mushrooms
-Porcini (piglet)
-Button; Crimini; Portobello

Tempeh

Cooking is better for

-Tomatoes
-Broccoli & most Vegies
-Almonds