

Top 20

Antioxidant-Packed Foods

Consider this your shopping list of power foods, based on their total antioxidant capacity (TAC) per serving (1 piece fruit/potato, 1/2 cup beans/dried fruit, 1 cup berries/artichoke hearts, 1 ounce nuts).

Food	TAC
Small Red Beans	13,727
Wild Blueberries	13,427
(Red) Kidney Beans	13,259
Pinto Beans	11,864
Cultivated Blueberries	9,019
Cranberries	8,983
Artichokes	7,904
Blackberries	7,701
Dried Plums (Prunes)	7,291
Raspberries	6,058
Strawberries	5,938
Red Delicious/Granny Smith Apple	5,600
Pecans	5,095
Sweet Cherries	4,873
Black Plums	4,844
Russet Potato	4,649
Black Beans	4,181
Plums	4,118
Gala Apple	3,903
Walnuts	3,846