

Best sources of Antioxidants



APPLES

Associated with a decreased risk of cardiovascular disease, cancer and asthma. Try Fuji and Red Delicious for the highest levels of flavonoids.



BLUEBETTIES

The highest antioxidant level of all fruits and vegetables.



BLACKBETTIES

Rich in flavonoids, blackberries are also high in vitamins C and K.



cranserries

Indulge in 100% pure cranberry juice for the most antioxidants.



рагк сносоцате

Cocoa contains flavonoids, as well as magnesium, potassium, zinc and iron.



кірпеу веans

A great source of antioxidants, iron, thiamin, manganese and folate.



pecans

Among nuts, pecans are the best source of antioxidants and can also help protect the brain.





spinach

A great source of antioxidants that help protect your eyes.

Sources:

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