



RELATIVE ANTIOXIDANTS IN FOODS*

Given as PERCENT of average daily intake (2 mmol of antioxidant)

Daily antioxidant requirements have not been established.

2015

NOTE: Some antioxidant may not be adequately quantified in the assay
(for example, sulfur-based antioxidants in onions or garlic & lycopene in tomato are not assessed).

Ordered by Antioxidant Concentration (highest to lowest in each category)	
Food (with some serving size examples)	Percent of Average Daily Intake
FRUIT (medium size)	
SERVING SIZE EQUALS 3 OUNCES (3 oz = slightly less than ½ cup)	
Pomegranate (3 oz ~ ½ pomegranate)	300%
Prunes	65%
Grape (3 oz ~ 20 red grapes)	36%
Orange (3 oz ~ ½ orange)	29%
Plum	27%
Date	26%
Lemon	26%
Pineapple	26%
Kiwi	23%
Raisins	21%
Grapefruit (3oz~1/3 grapefruit)	21%
Fig, dried	19%
Lime	18%
Papaya (3 oz ~ ½ papaya)	16%
Apricot	13%
Mango	9%
Apple (3 oz ~ ½ apple)	7%
Banana (3 oz ~ 1 banana)	5%
Pear (3 oz ~ 1/3 pear)	5%
Cantaloupe	4%
Watermelon	1%
BERRIES	
SERVING SIZE EQUALS 3 OUNCES (3 oz = slightly less than ½ cup)	
Dog rose	1000%
Blueberry/bilberry-Farm grown	200%
Blackcurrant	180%
Strawberry-Farm grown	172%
Blackberry-Farm grown	153%
Raspberry	77%
Gooseberries	36%
BEANS	
SERVING SIZE EQUALS 3 OUNCES (3 oz = slightly less than ½ cup)	
Green	47%
Pinto/black	29%
Peanut/peanut butter	27%
Soy	21%
Black eyed peas	16%
Lentils	12%
Kidney bean	10%
Chick Pea	6%
Pea	3%
NUTS	
SERVING SIZE EQUALS 3 OUNCES (3 oz = slightly less than ½ cup)	
Walnuts	525%
Sunflower seed	135%
Almond	8%
Cashew	6%

Relative Antioxidant in Food (continued)	
VEGETABLES	SERVING SIZE EQUALS 3 OUNCES (3 oz = slightly less than ½ cup)
Chilipepper	62%
Kale	59%
Red cabbage	47%
Orange/yellow pepper	46%
Parsley	43%
Artichoke, leaves	42%
Red/green pepper	41%
Brussels sprout	29%
Spinach	25%
Asparagus	21%
Celery	20%
Artichoke, heart	17%
Onion	17%
Broccoli	10%
Lettuce	9%
Tomato	8%
Cauliflower	6%
Corn	5%
Eggplant	4%
Cabbage	2%
Squash	2%
Cucumber	1%
Zucchini	0.5%
ROOTS & TUBERS	SERVING SIZE EQUALS 3 OUNCES (3 oz = slightly less than ½ cup)
Ginger	94%
Red beet	50%
Sweet potato/yam	6%
Potato	2%
Carrot	1%
CEREAL/GRAIN	SERVING SIZE EQUALS 3 OUNCES (3 oz = slightly less than ½ cup)
Barley	27%
Millet flour	21%
Corn flour	15%
Barley flour	15%
Oatmeal	15%
Rye flour	12%
Wheat flour(wholemeal;3oz –one slice bread)	8%
Rice	4%
Wheat flour (white)	3%
HERBS	SERVING SIZE EQUALS 1 TEASPOON
Clove	650%
Allspice/pimento	140%
Cinnamon	140%
Rosemary	93%
Thyme	88%
Marjoram	75%
Oregano	63%
Basil	43%
Ginger	31%
Nutmeg	28%
Vanilla	14%
Pepper, black	12%
Jalapeno	11%
Garlic	3%
Poppy seed	0.4%

*Adapted from Halvorsen BL, et al. Journal of Nutrition, vol. 132, p461, 2002 & Dragland et al. Journal of Nutrition, vol.133, p1286, 2003.

Courtesy of Retina Foundation of the Southwest, Dallas, TX