



## Top Twelve Organic Foods Highest in Antioxidants

Organic fruits and vegetables, grown without the stimulation of chemical fertilizers, are slower growing, allowing plants more time to sink deep roots and extract health-promoting nutrients including vitamins and hundreds of antioxidants from the soil. These powerful antioxidants give fruits their bright color and help fight free radicals in the body, which cause cell deterioration.

**1. Wild Blueberries**—This tiny but mighty wild berry is a true nutritional powerhouse. Loaded with the highest level of antioxidant properties, wild blueberries are also one of the few fruits native to North America.



**2. Artichokes**—With only 65 calories, this member of the thistle family is chock full of essential nutrients, especially quercetin, known for its anti-inflammatory properties. While most people love the heart of the artichoke, the majority of its health benefits come from the steamed leaves.

**3. Cranberries**—When eaten as a whole food (think cranberry salsa or a few added to a smoothie), cranberries offer the body a plethora of anti-inflammatory benefits for healthy joints. Beware of non-organic cranberries, as they contain the highest level of pesticide risk per serving of any fruit.

**4. Black Plums**—Eating fresh black plums and their dried companions, prunes, has shown to help the body absorb more iron, an essential mineral for keeping us in top shape. Don't forget, when plums are in season they are the perfect lunchbox treat!

**5. Blackberries**—Thanks to the presence of anthocyanins (pigment-producing antioxidants), the blackberry's claim to fame is its dark, rich color which aids in the prevention of cancer and heart disease.

**6. Raspberries**—This tiny fruit, a member of the rose family, delivers over 50% of your daily requirement of Vitamin C with just one cup. When in season, stock up and these studies have found that frozen raspberries still maintain their antioxidant benefits.

**7. Farmed Blueberries**—Ranked only second to strawberries in terms of popularity, cultivated blueberries are also full of phytonutrients, such as anthocyanins, which gives them their deep blue pigment.

**8. Pomegranate**—Juice isn't the only way to get the health benefits of the pomegranate—the seeds provide an extra healthy boost of dietary fiber. Here's a tip to easily remove the seeds, slice it in half, crack the back with a heavy spoon and watch the seeds pop right out!



**9. Strawberries**—This summertime favorite is high in ellagic acid, which is known to have anti-cancer properties. Strawberries are also high in Vitamin C, which improves collagen production. What's not to love: healthy skin and cancer prevention all wrapped up in a sweet treat!

**10. Red Delicious Apples**—Believe it or not, that bright red skin contains most of the antioxidants, so go for the red! Apples also contain

pectin, which helps lower cholesterol, as well as boron, which helps the body absorb calcium. An apple a day...

**11. Sweet Cherries**—Fresh, sweet cherries have been shown to ease the pain of arthritis due to their anti-inflammatory properties. These summer jewels are also full of potassium and calcium.

**12. Red Cabbage**—While you might be more familiar with green cabbage, red cabbage contains considerably more phytonutrients—all of which aid the body in disease prevention.



For more information visit The Organic Center at [www.organiccenter.org](http://www.organiccenter.org) and [www.generationsfororganic.org](http://www.generationsfororganic.org)

Source: *Elevating Antioxidant Levels in Food through Organic Farming and Food Processing*, Dr. Charles M. Genhardt, The Organic Center, January 2005.

ORAC Database for the Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 3, Prepared by David E. Reynolds and Dennis Blazynski, May 2010.

