



We Make Health Fun

Holistic Nutrition Girl

Top Antioxidant Foods

Consume these top antioxidant foods on a regular basis to neutralize free radicals and promote overall health and wellness. When possible choose fresh, local, organic produce for the best nutrients and to avoid pesticides.

1. Pomegranate
2. Blueberries
3. Blackberries
4. Kale
5. Strawberries
6. Spinach
7. Raspberries
8. Broccoli
9. Plums
10. Alfalfa Sprouts
11. Beetroot
12. Avocado
13. Oranges
14. Red Grapes
15. Red Peppers
16. Cherries
17. Kiwi Fruit
18. Baked Beans
19. Pink Grapefruit
20. Sweet Potatoes
21. Tomatoes
22. Garlic
23. Cantaloupe
24. Peaches
25. Lemon/Lime