

BEST SOURCES OF FOOD ANTIOXIDANTS

We all want to look and feel as great as possible. A great way to do this is to make sure you are having plenty of antioxidants in your diet. With all of the chemicals and toxins we breathe in, ingest, etc it's more important than ever to do this.

As always consult with a doctor before changing your diet. As you eat these foods you still need to keep your carbohydrate intake limited and eat organic as much as possible. The rule of thumb is ideally no more than 75-100 grams of carbohydrates per day with only 25 grams coming from fruit. You can also tweak a little more by looking at your blood type. Different blood types can respond better to different foods. Here is the list.

Rank Food item

- 1 Small Red Bean
- 2 Wild blueberry 1 cup
- 3 Red kidney bean
- 4 Pinto bean
- 5 Blueberry
- 6 Cranberry
- 7 Artichoke
- 8 Blackberry
- 9 Prune
- 10 Raspberry
- 11 Strawberry
- 12 Red Delicious apple
- 13 Granny Smith apple
- 14 Pecan 1 ounce
- 15 Sweet cherry
- 16 Black plum
- 17 Russet potato
- 18 Black bean
- 19 Plum
- 20 Gala apple

Any questions feel free to contact me.