

Antioxidant-Rich Foods

Food	Antioxidant Capacity per 100 grams	Food	Antioxidant Capacity per serving
Prunes	5770	1 pitted prune	462
Raisins	2830	1/4 cup	1019
Blueberries	2234	1/2 cup	1620
Blackberries	2036	1/2 cup	1466
Garlic	1939	1 clove	58
Kale	1770	1/2 cup ckd	1150
Cranberries	1750	1/2 cup	831
Strawberries	1536	1/2 cup	1144
Spinach, raw	1210	1 cup	678
Raspberries	1227	1/2 cup	755
Brussels sprouts	981	1 sprout	206
Plums	949	1 plum	626
Alfalfa sprouts	931	1 cup	307
Spinich (steamed)	909	1/2 cup ckd	1089
Broccoli florets	888	1/2 cup ckd	817
Beets	841	1/2 cup ckd, sliced	715
Avocado	782	1/2 Florida	149
Orange	750	1 orange	982
Grape, red	739	10 grapes	177
Pepper, red	731	1 med pepper	540
Cherry	670	10 cherries	455
Kiwifruit	602	1 fruit	458
Beans, baked	503	1/2 cup	640
Grapefruit, pink	483	1/2 fruit	580
Beans, kidney	460	1/2 cup ckd	400
Onion	449	1/2 cup chopped	360
Grapes, white	446	10 grapes	107
Corn	402	1/2 cup ckd	330
Eggplant	386	1/2 cup ckd	185
Cauliflower	377	1/2 cup ckd	234
Cauliflower	377	1/2 cup raw	188
Peas, frozen	364	1/2 cup ckd	291
Cabbage	298	1/2 cup raw	105
Leaf lettuce	262	10 leaves	200
Cantaloupe	252	1/2 melon	670
Banana	221	1 banana	252
Apple	218	1 med apple	300
Tofu	213	1/2 cup	195
Carrots	207	1/2 cup raw	115
Carrots	207	1/2 cup ckd	160
Beans, string	201	1/2 cup ckd	125
Tomato	189	1 med	233
Zucchini	176	1/2 cup raw	115
Apricots	164	3 raw	175
Peach	158	1 med	137
Squash, yellow	150	1/2 cup raw	183
Beans, lima	136	1/2 cup	115
Lettuce, Iceberg	116	5 large leaves	116
Pear	134	1 med	222
Watermelon	104	1/16 10" diam	50
Melon, honeydew	97	1/10 melon	125
Celery	61	1/2 cup diced	60
Cucumber	54	1/2 cup slices	28

References on file at OXIS Wellness Services

Healthy Choices for Living

What Is Oxidative Stress?

The term "oxidative stress" was first defined by Helmut Sies as "a disturbance in the prooxidant-antioxidant balance in favour of the former, leading to potential damage." To understand this definition, one must be familiar with some basic scientific facts. It may be surprising to learn that oxygen, one of the fundamental elements necessary for our very existence, may be a toxic substance. Yes, that is correct. The molecular configuration of oxygen is slightly unstable (having unpaired electrons), giving it the dubious designation of being a free radical. Since molecules desire to have complete pairs of electron, free radicals seek to stabilize themselves by essentially stealing electrons from (oxidizing) other molecules. When a molecule is stripped of an electron (oxidized), it may be irreversibly damaged through a process resembling the rusting of iron or the spoiling of produce. Oxidation reactions within the body do serve some useful purposes, such as killing foreign bacteria, but if left unchecked, may result in permanent biological damage. Understanding this apparent paradox is the focus of much scientific research, yet evidence has demonstrated that excessive "prooxidant" effects exerted by free radicals are associated with many pathological conditions, including heart disease and cancer. Fortunately, the human body is endowed with antioxidant systems that are capable of converting free radicals into less reactive molecules, thereby reducing the prooxidant potential for damage. You may already be aware of some common dietary antioxidants, such as vitamins E and C, yet there are a large number of other substances which have antioxidant properties. Many studies have shown that increasing antioxidant defenses may counteract the damaging prooxidant potential of free radicals. Oxidative stress thus defines a condition in which the capacity of one's antioxidant defenses cannot protect against the prooxidant activity of free radicals and biological damage is apparent.



AT HOME HEALTH CHECK™
1-888-HOM-KITS
(1-888-466-5487)
www.athomehealthcheck.com

Distributed by: OXIS Wellness Services, a division of OXIS Health Products, Inc. ©2000

6040 N. Cutter Circle Ste. 317 Portland, OR 97217-3935
 Phone: 503-283-3911 FAX: 503-283-4058

