

Foods High in Specific Antioxidants

Vitamin C, milligrams

Guava 165
Papaya (1/2) 95
Orange juice 75
Red bell pepper
(1/2 cup) 95
Cantaloupe
(1/2 cup) 35
Broccoli
(1/2 cup) 60
Spinach
(1 cup) 15

Beta-Carotene, retinol equivalents

Carrot (medium) 2,025
Papaya (1/2) 305
Sweet potato (1/2 cup) 2,800
Red bell pepper (1/2 cup) 285
Cantaloupe (1/2 cup)
260
Broccoli (1/2 cup) 70
Spinach 1 cup 375

Vitamin E, milligrams

Wheat germ (1 Tbsp) 3.9
Hazelnuts (1 oz) 5.8
Almonds (1 oz) 4.2
Sunflower seeds
(1 oz) 2.3
Peanut Butter
(1 Tbsp) 1.8
Safflower Oil
(1 Tbsp) 4.6
Almond oil (1 Tbsp) 5.3
Sunflower (1 Tbsp) 6.1