

# Abundant Antioxidants

## Build Better Health

<b>Food</b>	<b>Amount of Antioxidants</b>
Blueberries (1 cup)	9,019
Strawberries (1 cup)	5,938
Apple (red, with skin)	5,900
Avocado, Haas	3,344
Pear (green with skin)	3,172
Cinnamon (1 g)	2,675
Oregano (1 g)	2,001
Almonds (1 oz)	1,265
Sweet Potatoes	1,195
Baking Chocolate (1 g)	1,039

Measured by antioxidant capacity

[www.buildbetterhealth.com](http://www.buildbetterhealth.com)