

# FINELY NOURISHED

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KEEP THIS LIST HANDY IN THE KITCHEN AS A REFERENCE FOR YOUR NEXT SNACK TIME!

## Food / Serving Size / Antioxidant Capacity per Serving

1. Small Red Bean (dried) Half cup - 13,727
2. Wild Blueberry 1 cup - 13,427
3. Red Kidney Bean (dried) Half cup - 13,259
4. Pinto Bean Half cup - 11,864
5. Blueberry (cultivated) 1 cup - 9,019
6. Cranberry 1 cup (whole) - 8,983
7. Artichoke (cooked) 1 cup (hearts) - 7,904
8. Blackberry 1 cup - 7,701
9. Prune Half cup - 7,291
10. Raspberry 1 cup - 6,058
11. Strawberry 1 cup - 5,938
12. Red Delicious Apple 1 whole - 5,900
13. Granny Smith Apple 1 whole - 5,381
14. Pecan 1 ounce - 5,095
15. Sweet Cherry 1 cup - 4,873
16. Black Plum 1 whole - 4,844
17. Russet Potato (cooked) 1 whole - 4,649
18. Black Bean (dried) Half cup - 4,181
19. Plum 1 whole - 4,118
20. Gala Apple 1 whole - 3,903

