
FOOD SOURCES OF ANTIOXIDANTS

While taking large doses of antioxidants in the form of supplements does not appear to prevent disease, getting enough in your diet is still important. Eating plenty of fruits and vegetables is the best way to make sure your body gets the antioxidants it needs. This is because fruits and vegetables provide a wide variety of antioxidants as well as other healthful nutrients, such as B vitamins and dietary fiber.

Vitamin C* (RDA is 90 mg/day for adult men and 75 mg/day for adult women)

Food, amount	Vitamin C (mg)
Guava, raw, 1/2 cup	188
Red bell pepper, raw, 1/2 cup	142
Kiwifruit, 1 medium	70
Orange, raw, 1 medium	70
Orange juice, 1/3 cup	61–93
Green bell pepper, raw, 1/2 cup	60

Vitamin E* (RDA is 15 mg/day for adults)

Food, amount	Vitamin E (mg)
Wheat germ oil, 1 tablespoon	20.3
Sunflower seeds, dry roasted, 1 ounce	7.4
Almonds, 1 ounce	7.3
Sunflower oil, high-linoleic, 1 tablespoon	5.6
Safflower oil, high-oleic, 1 tablespoon	4.6
Hazelnuts (filberts), 1 ounce	4.3

Beta-carotene

Good sources include dark orange, red, and dark green vegetables and fruits, such as apricots, broccoli, cantaloupe, carrots, leafy greens, papaya, sweet potato, and pumpkin.

Lycopene

Good sources include deep red fruits and vegetables, such as tomatoes and tomato products (sauce, paste, juice, ketchup, etc.), guava, watermelon, papaya, and pink grapefruit.

* Data on vitamin C and vitamin E adapted from the *Dietary Guidelines for Americans 2005*.
