

ANTIOXIDANT GROCERY LIST

Fruit & Veg

- Apples
- Apricots
- Avocados
- Berries
- Carrots
- Citrus fruits
- Corn
- Cruciferous veg e.g. cabbage
- Eggplant
- Grapes
- Green, leafy veg e.g. spinach
- Kiwifruit
- Leeks
- Mangoes
- Onions
- Peas
- Pineapple
- Pink grapefruit
- Pumpkin
- Red capsicum
- Spinach
- Sweet potatoes
- Tomatoes
- Watermelon

Herbs & Spices

- Garlic
- Oregano
- Parsley
- Thyme
- Turmeric

Protein Sources

- Egg yolks
- Fish
- Liver
- Red meat
- Offal
- Seafood

Dairy

- Milk

Carbohydrates

- Bran
- Whole grains

Fats & Oils

- Extra virgin olive oil
- Vegetable oils e.g. wheatgerm

Nuts & Seeds

- Nuts e.g. pecans
- Seeds e.g. sesame

Natural Sweetness

- Dark chocolate (70%+ cocoa)
- Honey

Healthy Drinks

- Coffee
- Green tea
- Kombucha
- Red wine
- Tea