

Polyphenols Food Lists

Try to fill your daily meals with foods that are high in polyphenols, like dark skinned fruits and vegetables. Drink green tea. Choose 100% fruit juices. Add nuts, beans, spices and even a little red wine & dark chocolate if you like!

High Polyphenol Fruits

Apples (peeled, red or green with skin), Apple butter or applesauce, Apple cider and juice, Apricots, Blackberries, Blueberries, Cherries (sweet or sour), Chokeberries, Citrus: blood oranges, navel orange, tangelos, tangerines, etc. (the white pithy stuff is flavonoid-rich), Cranberries, Currants (black or red), Dates, Elderberries, Gooseberries, Grapes (red or purple), Kiwi, Lemon, Ligonberries, Limes, Mangoes, Marionberries, Nectarines, Peaches, Pears, Plums and prunes (dried plums), Pomegranates, Quinces, Raspberries, Rhubarb, Raisins, Strawberries

High Polyphenol Vegetables

Artichokes, Broccoli, Cabbage (red), Celery (particularly the hearts), Corn, Eggplant (aubergine), Fennel, Garlic, Greens (dark, leafy e.g. kale and turnip), Kohlrabi, Leeks, Lovage, Onions (red, white, yellow), Peppers (small, hot), Parsnips, Peas (green or English), Rutabagas, Scallions, Shallots, Spinach (raw), Sweet potatoes, Tomatoes (cherry or grape), Watercress

High Polyphenols Foods - Legumes, Nuts, and Seeds

Almonds, Cashews, Chick peas, Beans (black beans, black-eyed peas, pinto beans, red kidney beans) Fava beans, Flax seeds, Hazelnuts, Lentils, Nut butters, Pecans, Peanuts, Pistachios, Pumpkin seeds, Snap beans, Sunflower seeds, Walnuts

Dark Chocolate - A High Polyphenols Food Treat

For high polyphenol content, choose those with at least 60 percent cacao, preferably 70%. To maximize the high polyphenol food benefit, choose those with high polyphenolic additives – ingredients like blueberries, cranberries, currants, orange peels, and raspberries as opposed to caramel, flaked coconut, or toffee. Consume in moderation and be careful that you stay within your overall daily calorie goals!

Polyphenols Food Lists (continued)

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High Polyphenols Beverages - Red Wine

Cabernet Sauvignon, Egiodola, Merlot, Pinot Noir, and Syrah are high polyphenol varieties. (French wines are slightly preferred over California wines due to the aging process.) Red wines contain 10-100 times the polyphenol levels of white and rosé wines.

High Polyphenols Beverages - Tea

High polyphenol beverages include many preparations of “true” tea, whether black, green, or Oolong, decaffeinated or not, and served hot or cold with or without lemon. Teas from Ceylon and Darjeeling are good, and Earl Grey is a good tea blend.

High Polyphenols Foods - Herbs, Spices and Seasonings

Basil, Capers (red or green), Chives, Cinnamon, Curry, Dill weed, Horseradish, Ketchup, Oregano, Parsley, Rosemary, Sage, Tarragon, Thyme, Vinegar

Low Polyphenols Foods - Fruits

Avocados, Bananas, Figs, Grapefruits, Pineapple.

Jellies and jams, Juice drinks, Processed juices (from concentrate)

Low Polyphenols Foods - Vegetables

Bok Choy, Brussels sprouts, Cabbage, Carrots, Cauliflower, Cucumbers, Endive, Mushrooms, Peppers (sweet red and green), Potatoes (white or yellow), Pumpkin, Spinach, Squash (yellow), Tomatoes (fresh full-size or canned), Zucchini