

Foods with as many antioxidants as green tea

Antioxidants are also found in fruits, vegetables, and other whole plant foods. Here are some foods that have even higher levels of ECGG than green tea.

Antioxidants are compounds that are important for the human body. Simply put, they are molecules that fight free radicals in the body. Free radicals are compounds that can be harmful in high concentrations and can increase the risk of diseases such as type 2 diabetes, heart disease and cancer.



Green tea is a popular beverage that is rich in antioxidants. In general, tea contains polyphenols, and the type of polyphenol depends on the level of fermentation. Green tea is primarily composed of catechins—a specific type, called epigallocatechin gallate (EGCG)—which help fight free radicals and reduce inflammation. **Green tea is a great choice, and can be refreshing and soothing to drink, but it's not the only food/beverage that's high in antioxidants.**

Antioxidants are also found in fruits, vegetables, and other whole plant foods. Here are **some foods that have even higher levels of ECGG than green tea.**

Raspberry

A ½ cup serving of raspberries contains about 130-405 grams of polyphenols, including anthocyanins, flavanols, and phenolic acids. You can add raspberries to salads with other berries, to oatmeal, and also blend them into smoothies with yogurt and a little nut butter for an extra nutritional boost. You can freeze these berries for later use, as they are usually picked at their ripest.

Spinach

Just ½ cup of raw spinach contains 30-290 grams of flavonols. It is a very versatile vegetable. You can use it as a leafy green in salads and sandwiches. It is also a great breakfast food because it pairs well with egg dishes and can be used in omelets and quiches without overpowering the flavor. This is also why it can be great to incorporate into smoothies. A smoothie with spinach and berries is a great source of antioxidants.



Strawberry

Berries in general are high in antioxidants, and strawberries are no exception. There are 94 grams of polyphenols—including anthocyanins and flavanols—per ½ cup. Like blackberries, they are versatile and can be incorporated into a variety of dishes, including fruit salads, breakfast cereals, smoothies, and even savory dishes like salads for a little extra sweetness. Strawberries are a summer fruit. You can freeze them for year-round use.

Purple cabbage

Half a cup of raw red cabbage provides up to 470 grams of polyphenols from anthocyanidins. There are many different ways to eat red cabbage. It can be eaten raw, cooked, or fermented, which adds to its versatility. Shredded raw red cabbage can be quickly added to salads, not only for its nutritional value but also to add color to a plate. Roasted cabbage can also be a great option as a side dish to a main meal.



Kale

Another leafy green vegetable that is a powerful antioxidant is kale. There are about 170 grams of polyphenols from flavonols in a ½ cup of raw kale. Some people may shy away from kale because of its chewy texture, but there are plenty of ways to eat it, beyond salads. Like spinach, cooking kale with eggs is a great idea for a morning meal, as is sautéing it with onions and garlic, and incorporating it into various soup or stew recipes. A hearty soup can be very nourishing, especially in cold weather.

Chocolate

Chocolate is rich in antioxidants. And generally, the darker the chocolate, the higher the antioxidant content. In ¼ cup of dark chocolate, there are more than 200 grams of polyphenols provided by flavanols. Of course, there are many dessert recipes and many different types of dark chocolate bars to choose from. The antioxidants in chocolate are mainly found in cocoa solids. The difference between dark chocolate and milk chocolate is that dark chocolate contains 50-90% cocoa solids, while milk chocolate contains only 10-50% cocoa solids.

Green tea is a popular choice for people looking to increase their antioxidant intake, but there are many other foods that are rich in antioxidants and can also help neutralize free radicals. Hopefully, these suggestions will help you find alternatives to green tea when needed.

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