

ANTI-OXIDANT FOODS

VEGETABLES

Broccoli
Cabbage
Kale
Onions
Spinach
Sweet potatoes
Tomatoes

FRUITS

Apples
Blueberries
Cherries
Pomegranate
Raspberries
Strawberries
Tomatoes

HERBS & SPICES

Garlic
Ginger
Turmeric

NUTS

Walnuts

