

FEBRUARY

As reported by the U.S. Department of Agriculture, this table outlines the best sources of antioxidants.

Rank	Food	Serving Size
1	Small Red Beans	½ cup dried beans
2	Wild Blueberries	1 cup
3	Red Kidney Beans	½ cup dried beans
4	Pinto Beans	½ cup
5	Blueberries	1 cup
6	Cranberries	1 cup whole berries
7	Artichoke Hearts	1 cup cooked
8	Blackberries	1 cup
9	Prunes	½ cup
10	Raspberries	1 cup
11	Strawberries	1 cup
12	Red Delicious Apples	1 apple
13	Granny Smith Apples	1 apple
14	Pecans	1 ounce
15	Sweet Cherries	1 cup

