

ANTIOXIDANTS AND THEIR FRUIT SOURCES

Resveratrol



Grapes



Blueberries



Cranberries

Anthocyanins



Cherries



Blood Oranges



Blackberries

Lycopene



Watermelon



Tomatoes



Papaya

Vitamin C



Kiwi



Grapefruit



Gooseberry

Selenium



Bananas



Apples



Strawberries