



## Top 100 foods for polyphenols

Ranked from 1 to 100 by concentration (in mg per 100 grams)

Food	Food group	Polyphenols, mg	
		Content	Rank
Cloves	Seasonings	15 188	1
Peppermint, dried	Seasonings	11 960	2
Star anise	Seasonings	5460	3
Cocoa powder	Cocoa products	3448	4
Mexican oregano, dried	Seasonings	2319	5
Celery seed	Seasonings	2094	6
Black chokeberry	Fruits	1756	7
Dark chocolate	Cocoa products	1664	8
Flaxseed meal	Seeds	1528	9
Black elderberry	Fruits	1359	10
Chestnut	Seeds	1215	11
Common sage, dried	Seasonings	1207	12
Rosemary, dried	Seasonings	1018	13
Spearmint, dried	Seasonings	956	14
Common thyme, dried	Seasonings	878	15
Lowbush blueberry	Fruits	836	16
Blackcurrant	Fruits	758	17
Capers	Seasonings	654	18
Black olive	Vegetables	569	19
Highbush blueberry	Fruits	560	20
Hazelnut	Seeds	495	21
Pecan nut	Seeds	493	22
Soy flour	Seeds	466	23
Plum	Fruits	377	24
Green olive	Vegetables	346	25
Sweet basil, dried	Seasonings	322	26
Curry, powder	Seasonings	285	27
Sweet cherry	Fruits	274	28
Globe artichoke heads	Vegetables	260	29
Blackberry	Fruits	260	30
Roasted soybean	Seeds	246	31
Milk chocolate	Cocoa products	236	32
Strawberry	Fruits	235	33
Red chicory	Vegetables	235	34



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Red raspberry	Fruits	215	35
Coffee, filter	Non-alcoholic beverages	214	36
Ginger, dried	Seasonings	202	37
Whole grain hard wheat flour	Cereals	201	38
Prune	Fruits	194	39
Almond	Seeds	187	40
Black grape	Fruits	169	41
Red onion	Vegetables	168	42
Green chicory	Vegetables	166	43
Common thyme, fresh	Seasonings	163	44
Refined maize flour	Cereals	153	45
Soy, tempeh	Seeds	148	46
Whole grain rye flour	Cereals	143	47
Apple	Fruits	136	48
Spinach	Vegetables	119	49
Shallot	Vegetables	113	50
Lemon verbena, dried	Seasonings	106	51
Black tea	Non-alcoholic beverages	102	52
Red wine	Alcoholic beverages	101	53
Green tea	Non-alcoholic beverages	89	54
Soy yogurt	Seeds	84	55
Yellow onion	Vegetables	74	56
Soy meat	Seeds	73	57
Whole grain wheat flour	Cereals	71	58
Pure apple juice	Non-alcoholic beverages	68	59
Pure pomegranate juice	Non-alcoholic beverages	66	60
Extra-virgin olive oil	Oils	62	61
Black bean	Seeds	59	62
Peach	Fruits	59	63
Pure blood orange juice	Non-alcoholic beverages	56	64
Cumin	Seasonings	55	65
Pure grapefruit juice	Non-alcoholic beverages	53	66
White bean	Seeds	51	67
Chinese cinnamon	Seasonings	48	68
Pure blond orange juice	Non-alcoholic beverages	46	69
Broccoli	Vegetables	45	70
Redcurrant	Fruits	43	71
Soy tofu	Seeds	42	72
Pure lemon juice	Non-alcoholic beverages	42	73
Whole grain oat flour	Cereals	37	74



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Apricot	Fruits	34	75
Caraway	Seasonings	33	76
Refined rye flour	Cereals	31	77
Asparagus	Vegetables	29	78
Walnut	Seeds	28	79
Potato	Vegetables	28	80
Ceylan cinnamon	Seasonings	27	81
Parsley, dried	Seasonings	25	82
Nectarine	Fruits	25	83
Curly endive	Vegetables	24	84
Marjoram, dried	Seasonings	23	85
Red lettuce	Vegetables	23	86
Chocolate milk beverage	Non-alcoholic beverages	21	87
Quince	Fruits	19	88
Endive (Escarole)	Vegetables	18	89
Soy milk	Non-alcoholic beverages	18	90
Pommelo juice	Non-alcoholic beverages	18	91
Rapeseed oil	Oils	17	92
Pear	Fruits	17	93
Soybean sprout	Seeds	15	94
Green grape	Fruits	15	95
Carrot	Vegetables	14	96
Vinegar	Seasonings	13	97
Soy cheese	Seeds	12	98
White wine	Alcoholic beverages	10	99
Rosé wine	Alcoholic beverages	10	100

\* Sum of the content of individual polyphenols as determined by chromatography and of proanthocyanidin oligomers as determined by direct-phase high-performance liquid chromatography.

Reference: Perez-Jimenez J, Neveu V, Vos Fm Scalbert A. Identification of the 100 richest dietary sources of polyphenols: an application of the Phenol-Explorer database. Eur J Clin Nutr 2010; 64(S3):S112-S120.