

# PACK-A-PUNCH POLYPHENOLS

Polyphenols are phytochemicals naturally found in plants that when eaten provide an antioxidant and antiinflammatory effect on the body. Below are foods and beverages that really pack a punch! Some of them might surprise you! Try adding more polyphenols into your diet, and see how you feel.

Print this out, and keep it in your kitchen, or in your wallet, as a reminder!

FRUITS & VEGGIES	HERBS & SPICES	FUN FOODS	DRINK UP!
Apples	Caraway	Cacao	Beer
Blueberries	Celery seed, dried	Cocoa powder	Coffee
Broccoli	Cinnamon	Dark chocolate	Teas: (Black, green, oolong)
Carrots	Cloves	Flaxseed meal	Wine
Elderberries	Common sage	Olive oil	
Grapes	Curry, powder	Olives	
Lettuce	Ginger, dried		
Raspberries	Mexican oregano		
Strawberries	Parsley, dried		
Tomatoes	Peppermint, dried		
	Red chicory		
	Rosemary, dried		
	Spearmint, dried		
	Star anise		
	Sweet basil, dried		
	Thyme		