Content of redox-active compounds (ie, antioxidants) in foods consumed in the United States1–3

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ABSTRACT

Background: Supplements containing ascorbic acid, α-tocopherol, or β-carotene do not protect against oxidative stress–related diseases in most randomized intervention trials. We suggest that other redox-active phytochemicals may be more effective and that a combination of different redox-active compounds (ie, antioxidants or reductants) may be needed for proper protection against oxidative damage.

Objective: We aimed to generate a ranked food table with values for total content of redox-active compounds to test this alternative antioxidant hypothesis.

Design: An assay that measures the total concentration of redox-active compounds above a certain cutoff reduction potential was used to analyze 1113 food samples obtained from the US Department of Agriculture National Food and Nutrient Analysis Program.

Results: Large variations in the content of antioxidants were observed in different foods and food categories. The food groups spices and herbs, nuts and seeds, berries, and fruit and vegetables all contained foods with very high antioxidant contents. Most food categories also contained products almost devoid of antioxidants. Of the 50 food products highest in antioxidant concentrations, 13 were spices, 8 were in the fruit and vegetables category, 5 were berries, 5 were chocolate-based, 5 were breakfast cereals, and 4 were nuts or seeds. On the basis of typical serving sizes, blackberries, walnuts, strawberries, artichokes, cranberries, brewed coffee, raspberries, pecans, blueberries, ground cloves, grape juice, and unsweetened baking chocolate were at the top of the ranked list.

Conclusion: This ranked antioxidant food table provides a useful tool for investigations into the possible health benefit of dietary antioxidants. Am J Clin Nutr 2006;84:95–135.

KEY WORDS Redox active compounds, oxidative stress, antioxidants, chronic degenerative diseases, oxidative damage, ferric reducing ability of plasma

INTRODUCTION

The source of energy for most forms of life is photosynthesis, which converts solar energy into redox energy in plants (1). Plants contain high concentrations of numerous redox-active secondary metabolites (ie, antioxidants), such as polyphenols, carotenoids, tocopherols, tocotrienols, glutathione, ascorbic acid, and enzymes with antioxidant activity, which help to protect them from hazardous oxidative damage to plant cell components (1, 2). In animal cells, de novo antioxidant production is much more limited, and oxidative damage is involved in the pathogenesis of most chronic degenerative diseases and aging (3–5). Furthermore, increased amounts of reactive oxygen and nitrogen species (ROS/RNS) are formed in animal cells as a consequence of disease processes (eg, inflammation) and from tobacco smoke, environmental pollutants, food constituents, drugs, ethanol, and radiation (3–6), and, if not eliminated by antioxidants, they may damage extracellular or cellular components (3–6). Oxidative stress reduction through the dietary intake of antioxidants from fruit and vegetables has been suggested to reduce such oxidative damage (7, 8). Many cell culture and experimental animal studies (6, 7, 9–11), as well as observational epidemiologic studies (7, 10, 11), support the hypothesis that intake of foods rich in α-tocopherol, β-carotene, and ascorbic acid were associated with reduced oxidative stress–related diseases. However, large randomized intervention trials using α-tocopherol or β-carotene have not been supportive (12–18). One possible explanation may be that the beneficial health effect is contributed by other antioxidants in fruit and vegetables.

There are numerous antioxidants in plants consumed in the diet, including several hundred naturally occurring carotenoids and several thousand phenolic compounds, eg, benzoic acid derivatives, flavonoids, proanthocyanidins, stilbenes, coumarins, lignans, and lignins (19). We suggest that these redox-active compounds, which cooperate in an integrated manner in plants cells, also may cooperate in animal cells. Thus, a network of antioxidants with different chemical properties may be needed for proper protection against oxidative damage (3, 20–22). A ranked table with the total concentration of redox-active secondary plant metabolites

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2 Supported by The Research Council of Norway, The Throne Holst Foundation, and the Norwegian Cancer Society. Food samples were obtained as part of specific agreement Y1-HV-8116-11 between the USDA Nutrient Data Laboratory and Virginia Polytechnic Institute and State University, with support from the National Heart, Lung, and Blood Institute and the National Cancer Institute through interagency agreement Y1-HV-8116 between the National Institutes of Health and the USDA.

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may, therefore, be a useful tool for testing this alternative antioxidant hypothesis. Of the various antioxidant assays available (23–26), we decided to use the ferric reducing ability of plasma (FRAP) assay of Benzie and Strain (27). Results of the analysis of \( \approx 200 \) fruits, vegetables, spices and herbs, cereals, supplements, juices, and drinks sampled mainly from European countries were previously reported (3, 28, 29). In this study we report the results of an analysis of 1113 food samples that were obtained from the US Department of Agriculture (USDA) National Food and Nutrient Analysis Program (NFNAP) (30), which is based on a nationally representative sampling of each food according to a statistical protocol based on US food consumption data.

METHODS

Reagents

TPTZ (2,4,6-tripyridyl-s-triazine) was obtained from Fluka Chemie AG (Deisenhofen, Switzerland), sodium acetate trihydrate and \( \text{FeSO}_4 \cdot 7\text{H}_2\text{O} \) from Riedel-deHaën AG (Seelze, Germany), acetic acid and hydrochloric acid from Merck (Darmstadt, Germany), and \( \text{FeCl}_3 \cdot 6\text{H}_2\text{O} \) from BDH Laboratory Supplies (Dorset, United Kingdom). MilliQ water (Millipore, Bedford, MA) and methanol of HPLC-grade obtained from Merck was used for all extractions. HPLC-grade 2-propanol was obtained from Merck. Trolox, ascorbic acid, quercetin, myricetin, and \( \alpha \)-tocopherol were from Sigma-Aldrich Co (St Louis, MO).

Source of samples

Food samples were obtained from the USDA National Food and Nutrient Analysis Program (NFNAP) (30, 31). Products were collected according to a statistical sampling plan based on US food consumption data, designed to generate nationally representative composites (32, 33). Foods were procured primarily from retail outlets and shipped to a central facility (Virginia Polytechnic Institute and State University, Blacksburg, VA), where they were prepared if necessary (eg, cooked and trimmed of inedible portions), combined into composite samples in some cases, and homogenized. Samples were combined into composites by statistical sampling region or as a single nationwide composite, except for some foods that were shipped directly from the supplier (see footnotes to Tables). Many of the food composites from the NFNAP (172 raw and cooked fresh fruit and vegetables, nuts and seeds, and spices) have also been assayed by using the oxygen radical absorbance capacity method, and the data along with further details on sampling have been reported (33, 34).

Food and composites were prepared according to standardized, thoroughly documented procedures. Each composite was typically 1000–3000 g in total weight. Representative sub-samples of the original foods were taken as necessary. Fresh fruit and vegetables were trimmed of inedible portions (eg, cores, stems, and moldy or bruised areas) immediately before homogenization. Cooked foods were prepared by using conventional methods (eg, microwaving, oven baking, sautéing, boiling, and steaming) following label directions for packaged products. Most composites were homogenized with a 6-L capacity industrial food processor (model RS16V or BS6V; Robot Coupe USA Inc, Jackson, MS). Fresh fruit and vegetables and other foods (eg, chocolate candy, potato chips, and prepared cakes) were frozen in liquid nitrogen before and during blending. Other homogenization techniques were used, depending on the type of food, and included simple stirring for homogeneous liquids and powders (eg, water, clear juices, oils, and drink mixes), mixing with a hand blender (salad dressings), and grinding with a mill (popcorn kernels and uncooked rice).

Each homogenate was dispensed among 30- or 60-mL glass jars with polytetrafluoroethylene-lined lids (Qorpak, Bridgewater, PA), sealed under nitrogen, and stored at \(-60 \pm 5 ^\circ\text{C}\) in the dark. Homogeneity was validated by analysis of moisture, total lipid, ash, or minerals in aliquots drawn from across the typical dispensing sequence of selected composites as described elsewhere (35). The range of storage time at Virginia Tech was from 1 to 63 mo. Samples were shipped on dry ice via express air delivery from Blacksburg, VA, to Oslo, Norway; received in a frozen condition; and stored at \(-80 ^\circ\text{C}\) before analysis. The range of storage time in Oslo was from 0 to 25 wk.

Details of sample description and source, preparation methods, edible yield, compositing and homogenization procedures, and storage were maintained for every food sample and composite but are not included in this report.

Sample preparation

After being thawed, the composites were homogenized, and the analytic aliquots were weighed. Most of the samples were extracted in methanol:water (9:1, by vol). Because of difference in solubility, vegetable oils were extracted in 10 mL 2-propanol. Some fat-rich samples were extracted in 2-propanol:water (9:1, by vol). These alternative extraction procedures gave higher antioxidant values for vegetable oils and the fat-rich foods compared with methanol:water (9:1, by vol). For all other food samples tested, methanol:water (9:1) gave the highest antioxidant value (the solvent used for extraction is indicated in the footnotes to the data tables). The samples were mixed, sonicated in an ice water bath at 0 °C for 15 min, and mixed once more. Three 1.5-mL samples were centrifuged at 12,402 \( \times g \) for 2 min at 4 °C. The concentration of antioxidants was measured in triplicate aliquots of the supernatant fluid (ie, 9 data points per sample).

Measurements of redox-active compounds, ie, antioxidants

The antioxidant assay of Benzie and Strain (26) was used with minor modifications that allowed quantitation of most water- and fat-soluble antioxidants (28, 29). A Technicon RA 1000 system (Technicon Instruments Corporation, Tarrytown, NY) was used for the measurements of absorption changes that appear when the TPTZ-Fe\(^{3+}\) complex reduces to the TPTZ-Fe\(^{2+}\) form in the presence of antioxidants. An intense blue color with absorption maximum at 593 nm develops. The measurements were performed after 4 min of incubation at 600 nm. An aqueous solution of 500 \( \text{mmol/L FeSO}_4 \cdot 7\text{H}_2\text{O} \) was used to calibrate the instrument. The assay was fully validated as described in a previous report (28). The within-day repeatability measured as relative SD varied from 0.4% to 6%. The variation in the values for replicate items obtained from the same source was typically between 3 and 10 relative SD (RSD) percentages. Occasionally, some values had a larger variation. In such cases, the antioxidant values were confirmed by reanalysis.

All antioxidant results are reported as absolute values in mmol of electrons/hydrogen atoms donated in the redox reaction per
TABLE 1

Stability of antioxidants in food composites during storage (for 0–65 wk) at −80 °C

<table>
<thead>
<tr>
<th>Antioxidant content by storage time (wk)</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>7</th>
<th>12</th>
<th>17</th>
<th>26</th>
<th>33</th>
<th>44</th>
<th>53</th>
<th>65</th>
</tr>
</thead>
<tbody>
<tr>
<td>mmol/100 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin E–fortified soybean oil</td>
<td>0.28</td>
<td>0.32</td>
<td>0.27</td>
<td>0.28</td>
<td>0.28</td>
<td>0.28</td>
<td>0.28</td>
<td>0.27</td>
<td>0.27</td>
<td>0.27</td>
<td>0.29</td>
<td>0.34</td>
</tr>
<tr>
<td>Oranges, raw</td>
<td>0.87</td>
<td>1.02</td>
<td>0.90</td>
<td>0.97</td>
<td>0.92</td>
<td>0.90</td>
<td>0.96</td>
<td>0.87</td>
<td>0.88</td>
<td>0.98</td>
<td>0.92</td>
<td>0.89</td>
</tr>
<tr>
<td>Mixed food</td>
<td>ND</td>
<td>ND</td>
<td>0.17</td>
<td>0.18</td>
<td>0.17</td>
<td>0.17</td>
<td>0.20</td>
<td>0.20</td>
<td>0.20</td>
<td>0.17</td>
<td>0.16</td>
<td>0.18</td>
</tr>
<tr>
<td>Strawberry jam</td>
<td>1.32</td>
<td>1.29</td>
<td>1.25</td>
<td>1.34</td>
<td>1.35</td>
<td>1.32</td>
<td>1.39</td>
<td>1.15</td>
<td>1.25</td>
<td>1.30</td>
<td>1.49</td>
<td>1.42</td>
</tr>
<tr>
<td>Broccoli, raw</td>
<td>0.21</td>
<td>0.35</td>
<td>0.32</td>
<td>0.36</td>
<td>0.32</td>
<td>0.30</td>
<td>0.38</td>
<td>0.35</td>
<td>0.35</td>
<td>0.25</td>
<td>0.29</td>
<td>0.33</td>
</tr>
<tr>
<td>Ready-to-eat breakfast cereal</td>
<td>3.78</td>
<td>4.15</td>
<td>3.49</td>
<td>4.32</td>
<td>3.87</td>
<td>3.76</td>
<td>4.04</td>
<td>3.53</td>
<td>3.50</td>
<td>3.34</td>
<td>3.60</td>
<td></td>
</tr>
</tbody>
</table>

1 ND, not determined.

100 g of sample. In some reports, antioxidant values are given in trolox equivalents. For conversion of absolute values to trolox equivalents, the following data can be used: Trolox has an activity of 831.00 mmol/100 g (n = 5; RSD = 5.5%, i.e., 2.08 electrons/hydrogen atoms donated per molecule of trolox) in the assay used in the present study.

The linearity of the method was investigated with standard solutions of FeSO4 ·7H2O and ascorbic acid diluted in water and in methanol, trolox diluted in methanol, and α-tocopherol diluted in methanol and in 2-propanol. The concentrations used were between 10 and 3000 μmol/L. All concentrations were used for determination of linearity for FeSO4 ·7H2O in water and methanol, the 6 lowest concentrations were used for α-tocopherol in methanol and 2-propanol, and the 5 lowest concentrations were used for ascorbic acid in water and in methanol and for trolox in methanol. The concentrations were chosen to give an absorbance value of 1.7, which corresponded to an antioxidant value of 3000 μmol/L, which was the linear range according to the instrument manual. The correlation coefficients were in the range 1.000 to 0.998.

Different antioxidants in different solvents [ascorbic acid in water, methanol, and methanol:2-propanol (1:1, by vol); quercetin in methanol and 2-propanol; α-tocopherol in methanol, ethanol, and 2-propanol; and myricetin in methanol] at equimolar concentrations gave the same antioxidant value. Thus, these solvents do not influence the examined antioxidants. It was also tested whether different antioxidants in a mixture were additive. The results from the sum of single analyses of each antioxidant corresponded very well with the antioxidant values found in a mixture of the same antioxidants (both in the same and in a mixture of solvents).

Serving sizes

The serving size of a typically consumed portion of each food was determined from the USDA National Nutrient Database for Standard Reference (36), from the US Food and Drug Administration Nutrition Labeling and Education Act (NLEA) guidelines (37), or from actual measurement of average portion weights taken during sample preparation. All serving sizes for fast foods were based on measurements of the samples.

Storage stability studies

Composites of vitamin E–fortified soybean oil, oranges, strawberry jam, raw broccoli, vitamin-enriched whole-grain ready-to-eat breakfast cereal, and a mixed food (vitamin E–fortified soybean oil, oranges, skim milk, raw broccoli, vitamin-enriched whole-grain ready-to-eat breakfast cereal, meatloaf frozen dinner, and teriyaki chicken frozen dinner) were prepared as described above and frozen immediately at −60 °C. Samples were shipped (3 d) from Blacksburg, VA, to Oslo, Norway, on dry ice. Antioxidant contents were determined immediately after arrival and at various times over 0–65 wk at −80 °C. The data show that negligible changes in antioxidant content occurred during storage of these samples at −80 °C for ≤65 wk (Table 1).

Statistics

The Pearson product-moment correlation coefficients were calculated by the Microsoft Excel software (Microsoft Corporation, Redmond, WA).

RESULTS

Content of antioxidants in various food groups

The analysis showed large variations in the content of antioxidants in different foods and food categories. The food categories containing the highest antioxidant contents were spices and herbs, nuts and seeds, chocolate and sweets, vegetables and vegetable products, ready-to-eat cereals, desserts and cakes, and berries and berry products (Table 2). Notably, most of these food categories also contained products almost devoid of antioxidants. The food categories containing products with the lowest antioxidant contents were fats and oils; meat, meat products, and substitutes; poultry and poultry products, fish and seafood, and egg and egg dishes.

The 50 food products with the highest antioxidant content

The 50 food products containing the highest contents of antioxidants are presented in Table 3. Values are presented as the mean of several brands or sources if several items were isolated of same or similar food products. Ground cloves, dried oregano, ground ginger, ground cinnamon, turmeric powder, walnuts, dried basil, and ground mustard seed contained >10 mmol antioxidants/100 g. Of the 50 food products highest in antioxidant content, 13 were spices, 8 were based on fruit and vegetables, 5 were berries, 5 were chocolate-based, 5 were breakfast cereals, and 4 were nuts or seeds. Notably, red wine and brewed coffee...
were also among the 50 items with the highest antioxidant content.

The top 50 foods containing most antioxidants per serving are presented in Table 4. Based on typical serving sizes, blackberries, walnuts, strawberries, artichokes, cranberries, brewed coffee, raspberries, pecan nuts, blueberries, grape juice, and unsweetened baking chocolate were at the top of the ranked list. All of these foods contained more that 2.5 mmol antioxidants per serving. Of the top 50 food products based on serving size, 15 were fruits or fruit juices, 10 were vegetables, 6 were berry products, 4 were chocolate based, 2 were breakfast cereals and 2 were nuts. Red wine and coffee were also among the top 50 items based on antioxidant content per serving size.

Effect of food processing

The NFNAP set of foods we analyzed contains foods that were either raw (fresh) or that had been processed in various ways (eg, frozen, baked, microwaved, and boiled). In general, antioxidant contents were preserved fairly well during most types of processing, but there were some exceptions. Interestingly, the antioxidant content increased in products such as carrots, spinach, mushrooms, asparagus, broccoli, cabbage, red cabbage, green and red peppers, potatoes, and tomatoes during microwave cooking, steaming, or boiling (Table 5). Antioxidant values also increased after toasting or baking of bagels, French bread, wheat bread, whole-wheat bread, and pie crust. A decrease in antioxidant content was only observed after cooking by microwave, steaming, or boiling of corn grits, white rice, or spaghetti. Removing the peel from apples and cucumber decreased the antioxidant content to 33–66% and 50% of the amount in the unpeeled products, respectively.

Complete antioxidant food list

The complete food list, which includes the antioxidant content for different brands and sources of products, is presented in Table 6. We observed that 119 of the 1113 products contained...
There was a strong asymmetric distribution of plant and animal food products in the ranked antioxidant content list. In general, plants and plant products in the diet have a much higher antioxidant content than do animal food products. Almost all of the 300 products containing the most antioxidants were pure plant-derived products, whereas almost all of the 300 products with the lowest antioxidant contents were animal-derived products.

There are many interesting features of the antioxidant values presented in Table 6. For example, there are large variations in the antioxidant values for diluted fruit drinks. Most had a low antioxidant value, but some that were enriched with ascorbic acid were among the foods with highest antioxidant values. This was also the case for some other foods, such as fortified cereals or foods containing additives such as butylated hydroxyanisole or butylated hydroxytoluene. Interestingly, many plant foods containing high amounts of unsaturated fatty acids had high antioxidant values (eg, walnuts), whereas fish that also contain high amounts of unsaturated fatty acids had low antioxidant values. Additionally, processed foods such as lasagna, pudding mix, and chocolate chip cookies were among the 50 foods with the highest antioxidant contents, and chocolate ice cream had a higher antioxidant value than did some fruits (eg, honeydew and green grapes).

Antioxidant values based on serving size are also shown in Table 6. There was also a strong asymmetric distribution of products in the ranked antioxidant content per serving size. Of the 1120 food products analyzed, 87 products contained >1 mmol/100 g, whereas most of the samples (672 food products) contained between 0.1 and 1.0 mmol/100 g. Many samples contained 0.1 mmol/100 g (329 food products).

### Table 4

<table>
<thead>
<tr>
<th>Product</th>
<th>Antioxidant content mmol/serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackberries</td>
<td>5.746</td>
</tr>
<tr>
<td>Walnuts</td>
<td>3.721</td>
</tr>
<tr>
<td>Strawberries</td>
<td>3.584</td>
</tr>
<tr>
<td>Artichokes, prepared</td>
<td>3.559</td>
</tr>
<tr>
<td>Cranberries</td>
<td>3.125</td>
</tr>
<tr>
<td>Coffee</td>
<td>2.959</td>
</tr>
<tr>
<td>Raspberries</td>
<td>2.870</td>
</tr>
<tr>
<td>Pecans</td>
<td>2.741</td>
</tr>
<tr>
<td>Blueberries</td>
<td>2.680</td>
</tr>
<tr>
<td>Cloves, ground</td>
<td>2.637</td>
</tr>
<tr>
<td>Grape juice</td>
<td>2.557</td>
</tr>
<tr>
<td>Chocolate, baking, unsweetened</td>
<td>2.516</td>
</tr>
<tr>
<td>Cranberry juice</td>
<td>2.474</td>
</tr>
<tr>
<td>Cherries, sour</td>
<td>2.205</td>
</tr>
<tr>
<td>Wine, red</td>
<td>2.199</td>
</tr>
<tr>
<td>Power Bar, chocolate flavor</td>
<td>1.875</td>
</tr>
<tr>
<td>Pineapple juice</td>
<td>1.859</td>
</tr>
<tr>
<td>Latino beverages, guava nectar</td>
<td>1.858</td>
</tr>
<tr>
<td>Juice drinks, 10% juice, blueberry or strawberry flavor, vitamin C–enriched</td>
<td>1.821</td>
</tr>
<tr>
<td>Cranapple juice</td>
<td>1.790</td>
</tr>
<tr>
<td>Prunes</td>
<td>1.715</td>
</tr>
<tr>
<td>Chocolates, dark, sugar-free</td>
<td>1.675</td>
</tr>
<tr>
<td>Cabbage, red cooked</td>
<td>1.614</td>
</tr>
<tr>
<td>Orange juice</td>
<td>1.510</td>
</tr>
<tr>
<td>Apple juice, with added vitamin C</td>
<td>1.462</td>
</tr>
<tr>
<td>Tinto beverages, mango nectar</td>
<td>1.281</td>
</tr>
<tr>
<td>Pineapple</td>
<td>1.276</td>
</tr>
<tr>
<td>Oranges</td>
<td>1.261</td>
</tr>
<tr>
<td>Bran Flakes, breakfast cereals</td>
<td>1.244</td>
</tr>
<tr>
<td>Plums, black</td>
<td>1.205</td>
</tr>
<tr>
<td>Pinto beans, dried</td>
<td>1.137</td>
</tr>
<tr>
<td>Canned chili with meat and beans</td>
<td>1.049</td>
</tr>
<tr>
<td>Spinach, frozen</td>
<td>1.045</td>
</tr>
<tr>
<td>Canned chili with meat, no beans</td>
<td>1.040</td>
</tr>
<tr>
<td>Whole Grain Total, breakfast cereal</td>
<td>1.024</td>
</tr>
<tr>
<td>Chocolate, sugar-free</td>
<td>1.001</td>
</tr>
<tr>
<td>Kiwi fruit</td>
<td>0.987</td>
</tr>
<tr>
<td>Molasses, dark</td>
<td>0.980</td>
</tr>
<tr>
<td>Potatoes, red, cooked</td>
<td>0.956</td>
</tr>
<tr>
<td>Cheese lasagna, frozen and cooked</td>
<td>0.942</td>
</tr>
<tr>
<td>Potatoes, white, cooked</td>
<td>0.918</td>
</tr>
<tr>
<td>Sweet potatoes, baked</td>
<td>0.900</td>
</tr>
<tr>
<td>Iced tea, brewed, unsweetened</td>
<td>0.881</td>
</tr>
<tr>
<td>Potatoes, russet, cooked</td>
<td>0.862</td>
</tr>
<tr>
<td>Baked beans, pork and beans in brown sugar sauce</td>
<td>0.852</td>
</tr>
<tr>
<td>Condensed tomato soup, one brand</td>
<td>0.826</td>
</tr>
<tr>
<td>Broccoli raab, cooked</td>
<td>0.823</td>
</tr>
<tr>
<td>Peppers, red, cooked</td>
<td>0.820</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>0.780</td>
</tr>
<tr>
<td>Latino beverages, tamarind nectar</td>
<td>0.761</td>
</tr>
</tbody>
</table>

1 The antioxidant content per serving size was calculated as indicated in Table 6. Mean values are provided for products for which different brands are comparable.

2 POWERBAR Co, Berkeley, CA.

3 Ralston Foods, Battle Creek, MI.

4 General Mills, Inc, Milwaukee, WI.

### Table 5

<table>
<thead>
<tr>
<th>Product</th>
<th>Type of processing</th>
<th>Antioxidant content mmol/serving</th>
<th>% of nonprocessed food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>Microwave cooking</td>
<td>113–143</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Microwave cooking</td>
<td>103–121</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Microwave cooking</td>
<td>113</td>
<td></td>
</tr>
<tr>
<td>Corn grits</td>
<td>Microwave cooking</td>
<td>21–32</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>Cooking by steaming</td>
<td>205</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cooking by steaming</td>
<td>122–654</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>Cooking by steaming</td>
<td>448</td>
<td></td>
</tr>
<tr>
<td>Red cabbage</td>
<td>Cooking by steaming</td>
<td>270</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Cooking by steaming</td>
<td>291</td>
<td></td>
</tr>
<tr>
<td>Green pepper</td>
<td>Cooking by steaming</td>
<td>467</td>
<td></td>
</tr>
<tr>
<td>Red pepper</td>
<td>Cooking by steaming</td>
<td>180</td>
<td></td>
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<tr>
<td>Potatoes</td>
<td>Cooking by steaming</td>
<td>105–242</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Cooking by steaming</td>
<td>112–164</td>
<td></td>
</tr>
<tr>
<td>White rice</td>
<td>Cooking by steaming</td>
<td>33–70</td>
<td></td>
</tr>
<tr>
<td>Spaghetti</td>
<td>Cooking by steaming</td>
<td>42–63</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Boiling</td>
<td>121–159</td>
<td></td>
</tr>
<tr>
<td>Corn grits</td>
<td>Boiling</td>
<td>27–29</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Boiling</td>
<td>84–114</td>
<td></td>
</tr>
<tr>
<td>Sweet potatoes</td>
<td>Boiling</td>
<td>413</td>
<td></td>
</tr>
<tr>
<td>Bagels</td>
<td>Toasting</td>
<td>134–367</td>
<td></td>
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<tr>
<td>French bread</td>
<td>Toasting</td>
<td>177</td>
<td></td>
</tr>
<tr>
<td>Wheat bread</td>
<td>Toasting</td>
<td>153–185</td>
<td></td>
</tr>
<tr>
<td>Whole-wheat bread</td>
<td>Toasting</td>
<td>184–214</td>
<td></td>
</tr>
<tr>
<td>Pie crust</td>
<td>Baking</td>
<td>311–1450</td>
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1 Range (all such values).
TABLE 6
The total antioxidant content of 1120 food samples from the US Department of Agriculture (USDA) National Food and Nutrient Analysis Program (NFNAP)\(^1\)

<table>
<thead>
<tr>
<th>Product(^2)</th>
<th>Brand(^3)</th>
<th>Type(^4)</th>
<th>(n)</th>
<th>Antioxidant content SD or range</th>
<th>Servings size(^5)</th>
<th>Serving description(^i)</th>
<th>Antioxidant content mmol/100 g serving</th>
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<tbody>
<tr>
<td>Berry and berry products</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Berries and berry products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Blackberries, fresh frozen</td>
<td>Local grocery</td>
<td>L</td>
<td>1</td>
<td>4.059</td>
<td>—</td>
<td>144 1 cup</td>
<td>5.845</td>
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<tr>
<td>Blackberries, fresh frozen</td>
<td>Wholesaler</td>
<td>L</td>
<td>1</td>
<td>3.889</td>
<td>—</td>
<td>144 1 cup</td>
<td>5.600</td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Blueberries, canned, heavy syrup, drained liquid</td>
<td>S&amp;W</td>
<td>NS</td>
<td>1</td>
<td>2.794</td>
<td>—</td>
<td>122</td>
<td>3.409</td>
</tr>
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<td>Blueberries, canned, light syrup, drained liquids</td>
<td>S&amp;W</td>
<td>NS</td>
<td>1</td>
<td>1.654</td>
<td>0.231</td>
<td>118</td>
<td>1.951</td>
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<tr>
<td>Blueberries, canned, light syrup, drained solids</td>
<td>Oregon</td>
<td>NS</td>
<td>3</td>
<td>1.939</td>
<td>0.554</td>
<td>122 0.5 cup</td>
<td>2.366</td>
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<tr>
<td>Cranberries</td>
<td></td>
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<tr>
<td>Cranberry juice cocktail</td>
<td>Ocean Spray</td>
<td>NS</td>
<td>1</td>
<td>0.978</td>
<td>—</td>
<td>253 8 oz (240 mL)</td>
<td>2.474</td>
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<td></td>
<td></td>
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<tr>
<td>Beer, light</td>
<td>Mixed brands</td>
<td>NS</td>
<td>1</td>
<td>0.102</td>
<td>—</td>
<td>356 1 can (12 fl oz)</td>
<td>0.362</td>
</tr>
<tr>
<td>Beer, light</td>
<td>Bud Light</td>
<td>NS</td>
<td>1</td>
<td>0.078</td>
<td>—</td>
<td>354 1 can (1 fl oz)</td>
<td>0.276</td>
</tr>
<tr>
<td>Beer, light</td>
<td>Coors Light</td>
<td>NS</td>
<td>1</td>
<td>0.064</td>
<td>—</td>
<td>354 1 can (12 fl oz)</td>
<td>0.228</td>
</tr>
<tr>
<td>Beer, light</td>
<td>Miller Light</td>
<td>NS</td>
<td>1</td>
<td>0.092</td>
<td>—</td>
<td>354 1 can (12 fl oz)</td>
<td>0.324</td>
</tr>
<tr>
<td>Beer, light</td>
<td>Natural Light</td>
<td>NS</td>
<td>1</td>
<td>0.103</td>
<td>—</td>
<td>354 1 can (12 fl oz)</td>
<td>0.364</td>
</tr>
<tr>
<td>Beer, regular</td>
<td>Mixed brands</td>
<td>NS</td>
<td>1</td>
<td>0.137</td>
<td>—</td>
<td>356 1 can (12 fl oz)</td>
<td>0.489</td>
</tr>
<tr>
<td>Beer, regular</td>
<td>Budweiser</td>
<td>NS</td>
<td>1</td>
<td>0.148</td>
<td>—</td>
<td>356 1 can (12 fl oz)</td>
<td>0.528</td>
</tr>
<tr>
<td>Beer, regular</td>
<td>Busch</td>
<td>NS</td>
<td>1</td>
<td>0.121</td>
<td>—</td>
<td>356 1 can (12 fl oz)</td>
<td>0.430</td>
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<tr>
<td>Beer, regular</td>
<td>Miller High Life</td>
<td>NS</td>
<td>1</td>
<td>0.123</td>
<td>—</td>
<td>356 1 can (1 fl oz)</td>
<td>0.439</td>
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<tr>
<td>Cola, regular</td>
<td>Coca-Cola Classic</td>
<td>NS</td>
<td>2</td>
<td>0.046</td>
<td>0.042-0.050</td>
<td>246 8 oz (240 mL)</td>
<td>0.113</td>
</tr>
<tr>
<td>Cola, diet</td>
<td>Coke</td>
<td>NS</td>
<td>1</td>
<td>0.042</td>
<td>—</td>
<td>237 8 oz (240 mL)</td>
<td>0.100</td>
</tr>
<tr>
<td>Cola, diet</td>
<td>Pepsi</td>
<td>NS</td>
<td>2</td>
<td>0.039</td>
<td>0.031-0.047</td>
<td>237 8 oz (240 mL)</td>
<td>0.092</td>
</tr>
<tr>
<td>Cola, regular</td>
<td>Pepsi</td>
<td>NS</td>
<td>2</td>
<td>0.042</td>
<td>0.039-0.044</td>
<td>246 8 oz (240 mL)</td>
<td>0.102</td>
</tr>
<tr>
<td>Cola, diet</td>
<td>Pepsi One</td>
<td>NS</td>
<td>1</td>
<td>0.064</td>
<td>—</td>
<td>237 8 oz (240 mL)</td>
<td>0.151</td>
</tr>
<tr>
<td>Juice drinks, 10% juice, mountain cooler flavor</td>
<td>Capri Sun</td>
<td>NS</td>
<td>1</td>
<td>0.017</td>
<td>—</td>
<td>248 8 oz (240 mL)</td>
<td>0.043</td>
</tr>
<tr>
<td>Juice drinks, 10% juice, sun splash cooler flavor</td>
<td>Capri Sun</td>
<td>NS</td>
<td>1</td>
<td>0.031</td>
<td>—</td>
<td>248 8 oz (240 mL)</td>
<td>0.077</td>
</tr>
<tr>
<td>Juice drinks, 10% juice, strawberry flavor</td>
<td>Capri Sun</td>
<td>NS</td>
<td>1</td>
<td>0.056</td>
<td>—</td>
<td>248 8 oz (240 mL)</td>
<td>0.138</td>
</tr>
<tr>
<td>Juice drinks, 10% juice, strawberry kiwi flavor</td>
<td>Capri Sun</td>
<td>NS</td>
<td>1</td>
<td>0.046</td>
<td>—</td>
<td>248 9 oz (240 mL)</td>
<td>0.114</td>
</tr>
<tr>
<td>Juice drinks, 10% juice, blazin' blueberry flavor</td>
<td>Hi-C</td>
<td>NS</td>
<td>1</td>
<td>0.734</td>
<td>—</td>
<td>248 8 oz (240 mL)</td>
<td>1.821</td>
</tr>
<tr>
<td>Juice drinks, 10% juice, boppin's strawberry flavor</td>
<td>Hi-C</td>
<td>NS</td>
<td>1</td>
<td>0.724</td>
<td>—</td>
<td>248 8 oz (240 mL)</td>
<td>1.795</td>
</tr>
<tr>
<td>Latino beverages, guanabana nectar</td>
<td>Goya</td>
<td>NS</td>
<td>1</td>
<td>0.213</td>
<td>—</td>
<td>223 1 cup</td>
<td>0.475</td>
</tr>
<tr>
<td>Latino beverages, mango nectar</td>
<td>Goya</td>
<td>NS</td>
<td>1</td>
<td>0.203</td>
<td>—</td>
<td>216 1 cup</td>
<td>0.438</td>
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<tr>
<td>Latino beverages, tamarind (tamarindo) nectar</td>
<td>Goya</td>
<td>NS</td>
<td>1</td>
<td>0.159</td>
<td>—</td>
<td>215 1 cup</td>
<td>0.342</td>
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<tr>
<td>Latino beverages, guanabana nectar</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.282</td>
<td>—</td>
<td>212 1 cup</td>
<td>0.598</td>
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<tr>
<td>Latino beverages, guava (guayaba) nectar</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.872</td>
<td>—</td>
<td>213 1 cup</td>
<td>1.858</td>
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<td>Latino beverages, mango nectar</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.604</td>
<td>—</td>
<td>212 1 cup</td>
<td>1.281</td>
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<tr>
<td>Latino beverages, tamarind (tamarindo) nectar</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.357</td>
<td>—</td>
<td>213 1 cup</td>
<td>0.761</td>
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</table>

(Continued)
<table>
<thead>
<tr>
<th>Product</th>
<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemonade mix, pink, sweetened with artificial sweetener</td>
<td>Crystal Light</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>1.8</td>
<td>amount to make 8 oz (240 mL)</td>
<td>0.000</td>
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<tr>
<td>Lemonade mix, sweetened with artificial sweetener</td>
<td>Crystal Light</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>2.1</td>
<td>amount to make 8 oz (240 mL)</td>
<td>0.000</td>
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<tr>
<td>Lemonade, pink, frozen concentrate</td>
<td>Minute Maid</td>
<td>NS</td>
<td>1</td>
<td>0.431</td>
<td>—</td>
<td>73</td>
<td>2 oz (amount to make 8 oz reconstituted)</td>
<td>0.315</td>
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<tr>
<td>Lemonade, pink, frozen concentrate</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.458</td>
<td>—</td>
<td>73</td>
<td>2 oz (amount to make 8 oz reconstituted)</td>
<td>0.335</td>
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<tr>
<td>Lemonade mix, pink, sweetened with sugar</td>
<td>Country Time</td>
<td>NS</td>
<td>1</td>
<td>0.774</td>
<td>—</td>
<td>27</td>
<td>2 tbsp</td>
<td>0.209</td>
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<tr>
<td>Lemonade mix, sweetened with sugar</td>
<td>Country Time</td>
<td>NS</td>
<td>1</td>
<td>0.845</td>
<td>—</td>
<td>27</td>
<td>2 tbsp</td>
<td>0.228</td>
</tr>
<tr>
<td>Lemonade mix, sweetened with sugar</td>
<td>Kool-Aid</td>
<td>NS</td>
<td>1</td>
<td>0.608</td>
<td>—</td>
<td>27</td>
<td>2 tbsp</td>
<td>0.164</td>
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<tr>
<td>Lemonade, regular, frozen concentrate</td>
<td>Minute Maid</td>
<td>NS</td>
<td>1</td>
<td>0.373</td>
<td>—</td>
<td>73</td>
<td>2 oz (amount to make 8 oz reconstituted)</td>
<td>0.272</td>
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<td>Lemonade, regular, frozen concentrate</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.451</td>
<td>—</td>
<td>73</td>
<td>2 oz (amount to make 8 oz reconstituted)</td>
<td>0.329</td>
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<tr>
<td>Lemon-lime soda, regular</td>
<td>Sprite</td>
<td>NS</td>
<td>1</td>
<td>0.004</td>
<td>—</td>
<td>246</td>
<td>8 oz (240 mL)</td>
<td>0.010</td>
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<tr>
<td>Noncarbonated bottled drinking water</td>
<td>Aquafina</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>240</td>
<td>8 oz (240 mL)</td>
<td>0.000</td>
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<tr>
<td>Noncarbonated bottled drinking water</td>
<td>Dannon</td>
<td>NS</td>
<td>2</td>
<td>0.002</td>
<td>0.000–0.002</td>
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<td>Noncarbonated bottled drinking water</td>
<td>Dasani</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>240</td>
<td>8 oz (240 mL)</td>
<td>0.001</td>
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<tr>
<td>Noncarbonated bottled drinking water</td>
<td>Evian</td>
<td>NS</td>
<td>2</td>
<td>0.000</td>
<td>0.000–0.000</td>
<td>240</td>
<td>8 oz (240 mL)</td>
<td>0.000</td>
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<tr>
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<td>Calistoga</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>240</td>
<td>240 mL</td>
<td>0.000</td>
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<td>Noncarbonated bottled drinking water</td>
<td>Crystal Geyser</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>240</td>
<td>240 mL</td>
<td>0.001</td>
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<tr>
<td>Noncarbonated bottled drinking water</td>
<td>Dannon</td>
<td>NS</td>
<td>1</td>
<td>0.002</td>
<td>—</td>
<td>240</td>
<td>240 mL</td>
<td>0.004</td>
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<tr>
<td>Noncarbonated bottled drinking water</td>
<td>Evian</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>240</td>
<td>240 mL</td>
<td>0.001</td>
</tr>
<tr>
<td>Noncarbonated bottled drinking water</td>
<td>Naya</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>240</td>
<td>240 mL</td>
<td>0.001</td>
</tr>
<tr>
<td>Noncarbonated bottled drinking water</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.002</td>
<td>—</td>
<td>240</td>
<td>240 mL</td>
<td>0.004</td>
</tr>
<tr>
<td>Noncarbonated flavored bottled drinking water, essential multivitamin, watermelon flavor</td>
<td>Aquafina</td>
<td>NS</td>
<td>1</td>
<td>0.021</td>
<td>—</td>
<td>240</td>
<td>8 oz (240 mL)</td>
<td>0.049</td>
</tr>
<tr>
<td>Noncarbonated flavored bottled drinking water, fluoride to go</td>
<td>Dannon</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>240</td>
<td>8 oz (240 mL)</td>
<td>0.000</td>
</tr>
<tr>
<td>Noncarbonated flavored bottled drinking water, fitness H2O, natural lemon flavor</td>
<td>Propel</td>
<td>NS</td>
<td>1</td>
<td>0.112</td>
<td>—</td>
<td>240</td>
<td>8 oz (240 mL)</td>
<td>0.269</td>
</tr>
<tr>
<td>Noncarbonated flavored bottled drinking water, elements enhanced water energy, lemon</td>
<td>Snapple</td>
<td>NS</td>
<td>1</td>
<td>0.072</td>
<td>—</td>
<td>240</td>
<td>8 oz (240 mL)</td>
<td>0.172</td>
</tr>
<tr>
<td>Product</td>
<td>Brand</td>
<td>Type</td>
<td>n</td>
<td>Antioxidant content</td>
<td>SD or range</td>
<td>Servings size</td>
<td>Serving description</td>
<td>Antioxidant content</td>
</tr>
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<td>-------</td>
<td>------</td>
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<td>---------------------</td>
<td>-------------</td>
<td>---------------</td>
<td>--------------------</td>
<td>---------------------</td>
</tr>
</tbody>
</table>
| Noncarbonated flavored bottled drinking water, fruit
  O, natural raspberry flavor | Veryfine | NS  | 1 | 0.000 | — | 240 | 8 oz (240 mL) | 0.000 |
| Noncarbonated flavored bottled drinking water, fruit
  O water, natural strawberry flavor | Veryfine | NS  | 1 | 0.000 | — | 240 | 8 oz (240 mL) | 0.000 |
| Energy drink | Red Bull | NS  | 1 | 0.000 | — | 250 | 1 can | 0.000 |
| Energy drink, sugar-free | Red Bull | NS  | 1 | 0.000 | — | 263 | 1 can | 0.000 |
| Sports drink, orange flavor | Gatorade | NS  | 1 | 0.003 | — | 241 | 8 oz (240 mL) | 0.007 |
| Sports drink, lemon-lime flavor | Powerade | NS  | 1 | 0.007 | — | 241 | 8 oz (240 mL) | 0.017 |
| Sports drink mix, orange flavor | Gatorade | NS  | 1 | 0.008 | — | 16 | 0.75 scoop (to make 8 oz) | 0.001 |
| Tea, instant, dry powder, with lemon and sugar | Lipton | NS  | 1 | 0.938 | — | 23 | 1 serving (1 tbsp) | 0.216 |
| Tea, ready-to-drink, iced tea with lemon flavor | Arizona | NS  | 1 | 0.162 | — | 240 | 8 oz (240 mL) | 0.389 |
| Tea, ready-to-drink, natural lemon iced tea | Nestea | NS  | 1 | 0.054 | — | 240 | 8 oz (240 mL) | 0.131 |
| Tea, ready-to-drink, brisk lemon iced tea | Lipton | NS  | 2 | 0.051 | 0.048–0.053 | 240 | 8 oz (240 mL) | 0.121 |
| Lemonade mix, unsweetened | Kool-Aid | NS  | 1 | 12.750 | — | 0.9 | amount to make 8 oz (240 mL) | 0.115 |
| Wine, red (Merlot) | Franzia | NS  | 1 | 2.135 | — | 103 | 1 glass (3.5 fl oz) | 2.199 |
| Wine, white (Chardonnay) | Franzia | NS  | 1 | 0.161 | — | 103 | 1 glass (3.5 fl oz) | 0.166 |
| Ready-to-eat cereals                                               |       |     |   |                     |             |               |                   |                    |
| 100% natural granola, oats, honey, and raisins | Quaker | NS  | 1 | 0.157 | — | 51 | weight of 1 NLEA serving, per SR17 | 0.080 |
| All Brans                                                              | Kellogg’s | S  | 1 | 1.559 | — | 30 | weight of NLEA serving, per SR17 | 0.468 |
| Bran Flakes                                                             | Ralston | S  | 3 | 4.291 | 0.104 | 29 | 1 NLEA serving (0.75 cup) | 1.244 |
| Cap’n Crunch Peanut Butter Cereal                                     | Quaker | NS  | 1 | 0.527 | — | 27 | weight of 1 NLEA serving, per SR17 | 0.142 |
| Cheerios                                                              | General Mills | S | 1 | 1.117 | — | 30 | weight of 1 NLEA serving, per SR17 | 0.335 |
| Cocoa Krispies                                                         | Kellogg’s | NS  | 1 | 1.558 | — | 31 | weight of 1 NLEA serving, per SR17 | 0.483 |
| Corn and Rice, Crispix                                                | Kellogg’s | NS  | 2 | 1.128 | 1.063–1.192 | 29 | 1 NLEA serving (0.75 cup) | 0.327 |
| Corn and Rice, Crispy Doubles                                         | Giant Eagle | S  | 1 | 0.724 | — | 29 | 1 NLEA serving (0.75 cup) | 0.210 |
| Corn and Rice, Crispy Hexagons                                        | Shop ‘N Save | S  | 1 | 0.775 | — | 29 | 1 NLEA serving (0.75 cup) | 0.225 |
| Corn and Rice, Crispy Hexagons                                        | Price Chopper | S  | 1 | 0.879 | — | 29 | 1 NLEA serving (0.75 cup) | 0.255 |
| Corn Flakes                                                           | Kellogg’s | NS  | 1 | 1.276 | — | 28 | weight of 1 NLEA serving, per SR17 | 0.357 |
| Corn Flakes                                                           | Ralston | S  | 3 | 1.234 | 0.032 | 28 | 1 NLEA serving (1 cup) | 0.346 |
| Corn squares, corn biscuits                                          | Ralston | S  | 2 | 0.460 | 0.450–0.470 | 30 | 1 NLEA serving (1 cup) | 0.138 |
| Corn squares, toasted corn                                           | Price Chopper | S  | 1 | 0.505 | — | 30 | 1 NLEA serving (1 cup) | 0.151 |
| Froot Loops                                                           | Kellogg’s | NS  | 1 | 0.895 | — | 30 | weight of 1 NLEA serving, per SR17 | 0.269 |
| Oat circles                                                          | Ralston | NS  | 3 | 0.836 | 0.083 | 30 | 1 NLEA serving (1 cup) | 0.251 |
| Original Shredded Wheat                                              | Post | NS  | 1 | 0.227 | — | 49 | weight of 1 NLEA serving, per SR17 | 0.111 |
### TABLE 6 (Continued)

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<th>Product</th>
<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content mmol/100 g</th>
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(Continued)
TABLE 6  (Continued)

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<th>n</th>
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<th>Serving description $^5$</th>
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<td>0.059 0.023–0.095</td>
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<td>1 oz</td>
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<td>227</td>
<td>1 container (8 oz)</td>
<td>0.090</td>
</tr>
<tr>
<td>Yogurt, 99% fat-free, strawberry</td>
<td>Yoplait</td>
<td>NS</td>
<td>1</td>
<td>0.109</td>
<td>—</td>
<td>227</td>
<td>1 container (8 oz)</td>
<td>0.248</td>
</tr>
<tr>
<td>Yogurt, frozen, chocolate</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.451</td>
<td>—</td>
<td>87</td>
<td>0.5 cup</td>
<td>0.392</td>
</tr>
<tr>
<td>Yogurt, frozen, fat-free, vanilla</td>
<td>Edy’s/Dreyers</td>
<td>NS</td>
<td>1</td>
<td>0.057</td>
<td>—</td>
<td>87</td>
<td>0.5 cup</td>
<td>0.049</td>
</tr>
<tr>
<td>Yogurt, frozen, vanilla</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.047</td>
<td>—</td>
<td>87</td>
<td>0.5 cup</td>
<td>0.041</td>
</tr>
<tr>
<td>Yogurt, strawberry, fruit on the bottom</td>
<td>Dannon</td>
<td>NS</td>
<td>1</td>
<td>0.131</td>
<td>—</td>
<td>227</td>
<td>1 container (8 oz)</td>
<td>0.297</td>
</tr>
<tr>
<td>Desserts and cakes</td>
<td>Blueberry muffins</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.459</td>
<td>—</td>
<td>113</td>
<td>1 medium muffin</td>
</tr>
<tr>
<td>Blueberry muffins, mini muffins</td>
<td>Hostess</td>
<td>NS</td>
<td>1</td>
<td>0.367</td>
<td>—</td>
<td>119</td>
<td>7 mini muffins</td>
<td>0.437</td>
</tr>
<tr>
<td>Buttermilk pancakes, frozen</td>
<td>Hungry Jack</td>
<td>NS</td>
<td>1</td>
<td>0.227</td>
<td>—</td>
<td>76</td>
<td>two 4-in pancakes</td>
<td>0.172</td>
</tr>
<tr>
<td>Buttermilk pancakes, frozen</td>
<td>Eggo</td>
<td>NS</td>
<td>1</td>
<td>0.137</td>
<td>—</td>
<td>76</td>
<td>two 4-in pancakes</td>
<td>0.104</td>
</tr>
<tr>
<td>Buttermilk pancakes, frozen, microwaved</td>
<td>Hungry Jack</td>
<td>NS</td>
<td>2</td>
<td>0.173 0.149–0.197</td>
<td>76</td>
<td>two 4-in pancakes</td>
<td>0.131</td>
<td></td>
</tr>
<tr>
<td>Buttermilk pancakes, frozen, microwaved</td>
<td>Eggo</td>
<td>NS</td>
<td>1</td>
<td>0.104</td>
<td>—</td>
<td>76</td>
<td>two 4-in pancakes</td>
<td>0.079</td>
</tr>
<tr>
<td>Buttermilk pancakes, frozen, microwaved</td>
<td>Aunt Jemima</td>
<td>NS</td>
<td>1</td>
<td>0.075</td>
<td>—</td>
<td>76</td>
<td>two 4-in pancakes</td>
<td>0.057</td>
</tr>
<tr>
<td>Buttermilk pancakes, frozen, toasted</td>
<td>Hungry Jack</td>
<td>NS</td>
<td>1</td>
<td>0.272</td>
<td>—</td>
<td>76</td>
<td>two 4-in pancakes</td>
<td>0.206</td>
</tr>
<tr>
<td>Buttermilk pancakes, frozen, toasted</td>
<td>Eggo</td>
<td>NS</td>
<td>1</td>
<td>0.126</td>
<td>—</td>
<td>76</td>
<td>two 4-in pancakes</td>
<td>0.096</td>
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<tr>
<td>Buttermilk waffles, frozen, microwaved</td>
<td>Aunt Jemima</td>
<td>NS</td>
<td>1</td>
<td>0.119</td>
<td>—</td>
<td>70</td>
<td>1 serving</td>
<td>0.083</td>
</tr>
<tr>
<td>Buttermilk waffles, frozen, microwaved</td>
<td>Eggo</td>
<td>NS</td>
<td>2</td>
<td>0.108 0.108–0.108</td>
<td>70</td>
<td>1 serving</td>
<td>0.076</td>
<td></td>
</tr>
<tr>
<td>Buttermilk waffles, frozen, toasted</td>
<td>Downyflake</td>
<td>NS</td>
<td>1</td>
<td>0.156</td>
<td>—</td>
<td>70</td>
<td>1 serving</td>
<td>0.110</td>
</tr>
<tr>
<td>Buttermilk waffles, frozen, toasted</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.201</td>
<td>—</td>
<td>70</td>
<td>1 serving</td>
<td>0.141</td>
</tr>
<tr>
<td>Buttermilk waffles, frozen, toasted</td>
<td>Hungry Jack</td>
<td>NS</td>
<td>1</td>
<td>0.202</td>
<td>—</td>
<td>70</td>
<td>1 serving</td>
<td>0.142</td>
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<table>
<thead>
<tr>
<th>Product</th>
<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cake frosting, vanilla,</td>
<td>Duncan Hines</td>
<td>Creamy Homestyle</td>
<td>2</td>
<td>0.040</td>
<td>0.035–0.044</td>
<td>41</td>
<td>2 tbsp</td>
<td>0.016</td>
</tr>
<tr>
<td>Cake frosting, chocolate,</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>0.803</td>
<td>—</td>
<td>41</td>
<td>2 tbsp</td>
<td>0.329</td>
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<tr>
<td>Cake frosting, chocolate,</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>1.088</td>
<td>—</td>
<td>41</td>
<td>2 tbsp</td>
<td>0.446</td>
</tr>
<tr>
<td>Cake frosting, chocolate,</td>
<td>Duncan Hines</td>
<td>Homestyle</td>
<td>1</td>
<td>1.009</td>
<td>—</td>
<td>41</td>
<td>2 tbsp</td>
<td>0.414</td>
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<td>Cake frosting, ready-to-spread</td>
<td>Duncan Hines</td>
<td>Homestyle Classic</td>
<td>1</td>
<td>0.919</td>
<td>—</td>
<td>41</td>
<td>2 tbsp</td>
<td>0.377</td>
</tr>
<tr>
<td>Cake frosting, vanilla,</td>
<td>Pillsbury Creamy</td>
<td>NS</td>
<td>2</td>
<td>0.087</td>
<td>0.086–0.087</td>
<td>41</td>
<td>2 tbsp</td>
<td>0.035</td>
</tr>
<tr>
<td>Cake frosting, vanilla,</td>
<td>Betty Crocker Rich &amp; Creamy</td>
<td>NS</td>
<td>2</td>
<td>0.153</td>
<td>0.150–0.156</td>
<td>41</td>
<td>2 tbsp</td>
<td>0.063</td>
</tr>
<tr>
<td>Cake frosting, chocolate,</td>
<td>Betty Crocker Rich &amp; Creamy</td>
<td>NS</td>
<td>2</td>
<td>0.807</td>
<td>0.715–0.899</td>
<td>41</td>
<td>2 tbsp</td>
<td>0.331</td>
</tr>
<tr>
<td>Chocolate chip cookies</td>
<td>Chips Ahoy</td>
<td>NS</td>
<td>2</td>
<td>1.722</td>
<td>1.699–1.745</td>
<td>30</td>
<td>3 medium cookies</td>
<td>0.517</td>
</tr>
<tr>
<td>Chocolate chip cookies</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>1.287</td>
<td>—</td>
<td>30</td>
<td>3 medium cookies</td>
<td>0.386</td>
</tr>
<tr>
<td>Chocolate chip cookies</td>
<td>Chips Deluxe</td>
<td>NS</td>
<td>1</td>
<td>1.004</td>
<td>—</td>
<td>30</td>
<td>3 medium cookies</td>
<td>0.301</td>
</tr>
<tr>
<td>Chocolate chip cookies</td>
<td>Entenmann’s</td>
<td>NS</td>
<td>1</td>
<td>1.376</td>
<td>—</td>
<td>30</td>
<td>3 medium cookies</td>
<td>0.413</td>
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<tr>
<td>Chocolate chip cookies</td>
<td>Chunky Chips Ahoy</td>
<td>NS</td>
<td>1</td>
<td>2.231</td>
<td>—</td>
<td>30</td>
<td>3 medium cookies</td>
<td>0.669</td>
</tr>
<tr>
<td>Chocolate cookies with</td>
<td>Oreo</td>
<td>NS</td>
<td>3</td>
<td>1.840</td>
<td>0.029</td>
<td>30</td>
<td>3 medium cookies</td>
<td>0.552</td>
</tr>
<tr>
<td>vanilla creme filling</td>
<td>Oreo Double Stuf</td>
<td>NS</td>
<td>2</td>
<td>1.545</td>
<td>1.445–1.644</td>
<td>30</td>
<td>3 medium cookies</td>
<td>0.463</td>
</tr>
<tr>
<td>Chocolate cookies with</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>1.556</td>
<td>—</td>
<td>30</td>
<td>3 medium cookies</td>
<td>0.467</td>
</tr>
<tr>
<td>vanilla creme filling</td>
<td>Betty Crocker Super Moist</td>
<td>NS</td>
<td>2</td>
<td>0.428</td>
<td>0.409–0.447</td>
<td>95</td>
<td>1/12 of 9-in</td>
<td>0.407</td>
</tr>
<tr>
<td>Chocolate devils food cake</td>
<td>Duncan Hines Moist Deluxe</td>
<td>NS</td>
<td>2</td>
<td>0.380</td>
<td>0.326–0.434</td>
<td>95</td>
<td>1/12 of 9-in</td>
<td>0.361</td>
</tr>
<tr>
<td>mix, prepared</td>
<td>Pillsbury Moist Supreme</td>
<td>NS</td>
<td>2</td>
<td>0.609</td>
<td>0.467–0.750</td>
<td>95</td>
<td>1/12 of 9-in</td>
<td>0.578</td>
</tr>
<tr>
<td>Chocolate devils food cake</td>
<td>Betty Crocker Super Moist</td>
<td>NS</td>
<td>2</td>
<td>0.686</td>
<td>0.661–0.711</td>
<td>43</td>
<td>1/12 of mix to make</td>
<td>0.295</td>
</tr>
<tr>
<td>mix, prepared</td>
<td>Pillsbury Moist Supreme</td>
<td>NS</td>
<td>2</td>
<td>0.985</td>
<td>0.959–1.010</td>
<td>44</td>
<td>1/12 of mix to make</td>
<td>0.433</td>
</tr>
<tr>
<td>Chocolate devils food cake</td>
<td>Duncan Hines Moist Deluxe</td>
<td>NS</td>
<td>2</td>
<td>0.905</td>
<td>0.889–0.920</td>
<td>43</td>
<td>1/12 of mix to make</td>
<td>0.389</td>
</tr>
<tr>
<td>mix, unprepared</td>
<td>Hostess</td>
<td>NS</td>
<td>1</td>
<td>1.146</td>
<td>—</td>
<td>50</td>
<td>1 cupcake</td>
<td>0.573</td>
</tr>
<tr>
<td>Cupcakes, chocolate</td>
<td>Little Debbie</td>
<td>NS</td>
<td>2</td>
<td>0.972</td>
<td>—</td>
<td>50</td>
<td>1 cupcake</td>
<td>0.486</td>
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<td>Doughnuts, cake,</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.287</td>
<td>—</td>
<td>43</td>
<td>1 serving</td>
<td>0.123</td>
</tr>
<tr>
<td>chocolate covered</td>
<td>Hostess, Donettes</td>
<td>NS</td>
<td>1</td>
<td>0.865</td>
<td>—</td>
<td>43</td>
<td>1 serving</td>
<td>0.372</td>
</tr>
<tr>
<td>Doughnuts, cake,</td>
<td>Store bakery or prepackaged</td>
<td>NS</td>
<td>1</td>
<td>0.145</td>
<td>—</td>
<td>45</td>
<td>1 doughnut</td>
<td>0.065</td>
</tr>
<tr>
<td>chocolate covered</td>
<td>Krispy Kreme</td>
<td>NS</td>
<td>1</td>
<td>0.161</td>
<td>—</td>
<td>60</td>
<td>1 serving</td>
<td>0.096</td>
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<tr>
<td>Doughnuts, glazed,</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.183</td>
<td>—</td>
<td>60</td>
<td>1 serving</td>
<td>0.110</td>
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<tr>
<td>plain</td>
<td>Hostess Donettes</td>
<td>NS</td>
<td>1</td>
<td>0.111</td>
<td>—</td>
<td>45</td>
<td>1 serving</td>
<td>0.050</td>
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<tr>
<td>English muffins, plain,</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.158</td>
<td>—</td>
<td>52</td>
<td>1 muffin</td>
<td>0.082</td>
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<tr>
<td>toasted</td>
<td>Hunts Juicy Gels</td>
<td>NS</td>
<td>1</td>
<td>0.026</td>
<td>—</td>
<td>135</td>
<td>0.5 cup</td>
<td>0.035</td>
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(Continued)
<table>
<thead>
<tr>
<th>Product</th>
<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
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</thead>
<tbody>
<tr>
<td>Gelatin, prepared, strawberry flavor</td>
<td>Jell-O</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>—</td>
<td>135</td>
<td>0.5 cup</td>
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<td>Gelatin, prepared, strawberry orange flavor</td>
<td>Hunts Juicy Gels</td>
<td>NS</td>
<td>1</td>
<td>0.008</td>
<td>—</td>
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<td>Jell-O</td>
<td>NS</td>
<td>1</td>
<td>0.005</td>
<td>—</td>
<td>135</td>
<td>0.5 cup</td>
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<tr>
<td>Ice-type novelties, containing fruit juice</td>
<td>Popsicle Scribblers</td>
<td>NS</td>
<td>1</td>
<td>0.104</td>
<td>—</td>
<td>88</td>
<td>1 single stick</td>
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<tr>
<td>Ice-type novelties, regular, grape flavor</td>
<td>Popsicle Ice Bar</td>
<td>NS</td>
<td>1</td>
<td>0.012</td>
<td>—</td>
<td>88</td>
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<td>Ice-type novelties, regular, cherry flavor</td>
<td>Popsicle Ice Bar</td>
<td>NS</td>
<td>1</td>
<td>0.006</td>
<td>—</td>
<td>88</td>
<td>1 single stick</td>
</tr>
<tr>
<td>Ice-type novelties, regular, orange flavor</td>
<td>Popsicle Ice Bar</td>
<td>NS</td>
<td>1</td>
<td>0.006</td>
<td>—</td>
<td>88</td>
<td>1 single stick</td>
</tr>
<tr>
<td>Ice-type novelties, sugar free, cherry flavor</td>
<td>Popsicle Ice Bar</td>
<td>NS</td>
<td>1</td>
<td>0.089</td>
<td>—</td>
<td>88</td>
<td>1 single stick</td>
</tr>
<tr>
<td>Ice-type novelties, sugar free, grape flavor</td>
<td>Popsicle Ice Bar</td>
<td>NS</td>
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<td>0.087</td>
<td>—</td>
<td>88</td>
<td>1 single stick</td>
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<td>Ice-type novelties, sugar free, orange flavor</td>
<td>Popsicle Ice Bar</td>
<td>NS</td>
<td>1</td>
<td>0.089</td>
<td>—</td>
<td>88</td>
<td>1 single stick</td>
</tr>
<tr>
<td>Pie crust, frozen deep dish, regular fat</td>
<td>Marie Callender's</td>
<td>NS</td>
<td>1</td>
<td>0.012</td>
<td>—</td>
<td>18</td>
<td>1/8 of 9-in crust</td>
</tr>
<tr>
<td>Pie crust, frozen deep dish, regular fat</td>
<td>Pillsbury Pet-Ritz</td>
<td>NS</td>
<td>1</td>
<td>0.053</td>
<td>—</td>
<td>18</td>
<td>1/8 of 9-in crust</td>
</tr>
<tr>
<td>Pie crust, frozen deep dish, regular fat, baked</td>
<td>Marie Callender's</td>
<td>NS</td>
<td>1</td>
<td>0.174</td>
<td>—</td>
<td>16</td>
<td>1/8 of 9-in crust</td>
</tr>
<tr>
<td>Pie crust, frozen deep dish, regular fat, baked</td>
<td>Pillsbury Pet-Ritz</td>
<td>NS</td>
<td>1</td>
<td>0.212</td>
<td>—</td>
<td>16</td>
<td>1/8 of 9-in crust</td>
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<tr>
<td>Pie crust, frozen deep dish, regular fat, baked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.154</td>
<td>—</td>
<td>16</td>
<td>1/8 of 9-in crust</td>
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<td>Pie crust, frozen, regular fat</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.077</td>
<td>—</td>
<td>18</td>
<td>1/8 of 9-in crust</td>
</tr>
<tr>
<td>Pie crust, frozen, regular fat, baked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.306</td>
<td>—</td>
<td>16</td>
<td>1/8 of 9-in crust</td>
</tr>
<tr>
<td>Pudding mix, chocolate, cook and serve</td>
<td>Jell-O</td>
<td>NS</td>
<td>1</td>
<td>2.238</td>
<td>—</td>
<td>15</td>
<td>amount to make 0.5 cup</td>
</tr>
<tr>
<td>Pudding mix, chocolate, sugar free cook and serve</td>
<td>Jell-O</td>
<td>NS</td>
<td>1</td>
<td>4.097</td>
<td>—</td>
<td>10</td>
<td>amount to make 0.5 cup</td>
</tr>
<tr>
<td>Pudding mix, chocolate, sugar-free, fat-free, instant</td>
<td>Jell-O</td>
<td>NS</td>
<td>1</td>
<td>2.743</td>
<td>—</td>
<td>11</td>
<td>amount to make 0.5 cup</td>
</tr>
<tr>
<td>Pudding mix, vanilla, cook and serve</td>
<td>Jell-O</td>
<td>NS</td>
<td>1</td>
<td>0.136</td>
<td>—</td>
<td>22</td>
<td>amount to make 0.5 cup</td>
</tr>
<tr>
<td>Pudding mix, vanilla, instant</td>
<td>Jell-O</td>
<td>NS</td>
<td>1</td>
<td>0.127</td>
<td>—</td>
<td>25</td>
<td>amount to make 0.5 cup</td>
</tr>
<tr>
<td>Pudding mix, vanilla, sugar free, cook and serve</td>
<td>Jell-O</td>
<td>NS</td>
<td>1</td>
<td>0.752</td>
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<td>amount to make 0.5 cup</td>
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<td>Kraft</td>
<td>NS</td>
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<td>0.047</td>
<td>—</td>
<td>113</td>
<td>0.5 cup</td>
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<td>Kraft</td>
<td>NS</td>
<td>1</td>
<td>0.405</td>
<td>—</td>
<td>113</td>
<td>0.5 cup</td>
</tr>
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<td>NS</td>
<td>1</td>
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<td>—</td>
<td>113</td>
<td>1 NLEA serving</td>
</tr>
<tr>
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<td>Jell-O</td>
<td>NS</td>
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<td>0.076</td>
<td>—</td>
<td>113</td>
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<td>Product</td>
<td>Brand</td>
<td>Type</td>
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<td>Servings size</td>
<td>Serving description</td>
<td>Antioxidant content (mmol/serving)</td>
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<td>113</td>
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<td>NS</td>
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<td>—</td>
<td>113</td>
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<td>NS</td>
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<td>0.061</td>
<td>—</td>
<td>113</td>
<td>1 NLEA serving</td>
</tr>
<tr>
<td>Pudding, refrigerated, tapioca flavor</td>
<td>Swiss Miss</td>
<td>NS</td>
<td>1</td>
<td>0.039</td>
<td>—</td>
<td>113</td>
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<td>Hunts</td>
<td>NS</td>
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<td>Hunts</td>
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<td>1</td>
<td>0.063</td>
<td>—</td>
<td>113</td>
<td>0.5 cup</td>
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<td>NS</td>
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<td>Store brand</td>
<td>NS</td>
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<td>Eggo</td>
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<td>—</td>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.095</td>
<td>—</td>
<td>70</td>
<td>1 serving</td>
</tr>
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<td>Waffles, regular, frozen, microwaved</td>
<td>Eggo</td>
<td>NS</td>
<td>1</td>
<td>0.057</td>
<td>—</td>
<td>70</td>
<td>1 serving</td>
</tr>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.086</td>
<td>—</td>
<td>70</td>
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<td>Waffles, regular, frozen, toasted</td>
<td>Eggo</td>
<td>NS</td>
<td>3</td>
<td>0.105</td>
<td>0.024</td>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
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<td>—</td>
<td>70</td>
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</tr>
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<td>Waffles, regular, frozen, toasted</td>
<td>Downyflake</td>
<td>NS</td>
<td>1</td>
<td>0.163</td>
<td>—</td>
<td>70</td>
<td>1 serving</td>
</tr>
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<td>Waffles, regular, frozen, toasted</td>
<td>Aunt Jemima</td>
<td>NS</td>
<td>1</td>
<td>0.168</td>
<td>—</td>
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<td>1 serving</td>
</tr>
<tr>
<td>Eggs</td>
<td>Store brand</td>
<td>NS</td>
<td>5</td>
<td>0.009</td>
<td>0.003</td>
<td>33</td>
<td>1 large</td>
</tr>
<tr>
<td>Eggs, whites</td>
<td>Store brand</td>
<td>NS</td>
<td>5</td>
<td>0.020</td>
<td>0.005</td>
<td>17</td>
<td>1 large</td>
</tr>
<tr>
<td>Eggs, yolks</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.039</td>
<td>—</td>
<td>50</td>
<td>1 large</td>
</tr>
<tr>
<td>Whole eggs</td>
<td>Store brand</td>
<td>NS</td>
<td>5</td>
<td>0.024</td>
<td>0.004</td>
<td>50</td>
<td>1 large</td>
</tr>
<tr>
<td>Whole eggs</td>
<td>Store brand</td>
<td>NS</td>
<td>5</td>
<td>0.047</td>
<td>0.006</td>
<td>46</td>
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<td>Store brand</td>
<td>NS</td>
<td>5</td>
<td>0.038</td>
<td>0.002</td>
<td>50</td>
<td>1 large</td>
</tr>
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<td>Whole eggs, hard cooked</td>
<td>Store brand</td>
<td>NS</td>
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<td>0.116</td>
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<td>21</td>
<td>1 sandwich</td>
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(Continued)
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<th>Product</th>
<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
</tr>
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<tbody>
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<td>1/4 lb Single hamburger, no cheese</td>
<td>Wendy’s</td>
<td>NS</td>
<td>4</td>
<td>0.123</td>
<td>0.013</td>
<td>200</td>
<td>1 sandwich</td>
<td>0.246</td>
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<tr>
<td>Bacon egg and cheese biscuit</td>
<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.100</td>
<td>0.025</td>
<td>142</td>
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<td>0.142</td>
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<tr>
<td>Bean burrito</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.162</td>
<td>0.032</td>
<td>201</td>
<td>1 burrito</td>
<td>0.326</td>
</tr>
<tr>
<td>Big Mac, national</td>
<td>McDonald’s</td>
<td>NS</td>
<td>1</td>
<td>0.076</td>
<td>-</td>
<td>207</td>
<td>1 sandwich</td>
<td>0.158</td>
</tr>
<tr>
<td>Big Mac, no cheese, national</td>
<td>McDonald’s</td>
<td>NS</td>
<td>1</td>
<td>0.089</td>
<td>-</td>
<td>189</td>
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<tr>
<td>BK big fish with cheese</td>
<td>Burger King</td>
<td>NS</td>
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<td>0.089</td>
<td>-</td>
<td>276</td>
<td>1 sandwich</td>
<td>0.246</td>
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<td>BK broiler</td>
<td>Burger King</td>
<td>NS</td>
<td>1</td>
<td>0.107</td>
<td>-</td>
<td>256</td>
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<td>Breast fillet</td>
<td>Wendy’s</td>
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<td>0.124</td>
<td>-</td>
<td>193</td>
<td>1 sandwich</td>
<td>0.240</td>
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<td>Burrito supreme with beef</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.124</td>
<td>0.007</td>
<td>248</td>
<td>1 burrito</td>
<td>0.308</td>
</tr>
<tr>
<td>Burrito supreme with chicken</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.129</td>
<td>0.006</td>
<td>263</td>
<td>1 burrito</td>
<td>0.340</td>
</tr>
<tr>
<td>Burrito supreme with steak</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.124</td>
<td>0.017</td>
<td>247</td>
<td>1 burrito</td>
<td>0.307</td>
</tr>
<tr>
<td>Cheese pizza, regular crust</td>
<td>Pizza Hut</td>
<td>NS</td>
<td>4</td>
<td>0.183</td>
<td>0.032</td>
<td>97</td>
<td>1 slice of 12-in diameter pizza</td>
<td>0.178</td>
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<tr>
<td>Cheese pizza, thick crust</td>
<td>Pizza Hut</td>
<td>NS</td>
<td>4</td>
<td>0.165</td>
<td>0.015</td>
<td>100</td>
<td>1 slice of 12-in diameter pizza</td>
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<td>NS</td>
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<td>Chicken McNuggets</td>
<td>McDonald’s</td>
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<td>NS</td>
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<td>0.173</td>
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<td>NS</td>
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<td>0.116</td>
<td>0.005</td>
<td>114</td>
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<td>Cini-minis</td>
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<td>102</td>
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<td>Wendy’s</td>
<td>NS</td>
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<td>0.069</td>
<td>-</td>
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<td>Classic hand-tossed pizza, cheese</td>
<td>Domino’s</td>
<td>NS</td>
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<td>NS</td>
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<td>Classic hand-tossed pizza, extravaganza feast</td>
<td>Domino’s</td>
<td>NS</td>
<td>4</td>
<td>0.176</td>
<td>0.034</td>
<td>151</td>
<td>1 slice of 14-in diameter pizza</td>
<td>0.266</td>
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<td>Wendy’s</td>
<td>NS</td>
<td>1</td>
<td>1.235</td>
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<td>Burger King</td>
<td>NS</td>
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<td>1.262</td>
<td>-</td>
<td>237</td>
<td>8 oz (240 mL)</td>
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<td>0.176</td>
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<td>NS</td>
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<td>NS</td>
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<td>0.030</td>
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<td>Burger King</td>
<td>NS</td>
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<td>0.156</td>
<td>0.011</td>
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<td>Taco Bell</td>
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<td>4</td>
<td>0.238</td>
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<td>Double Whopper</td>
<td>Burger King</td>
<td>NS</td>
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<td>-</td>
<td>340</td>
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<td>0.003</td>
<td>131</td>
<td>1 sandwich</td>
<td>0.116</td>
</tr>
<tr>
<td>Eggwich with bacon and cheese</td>
<td>Burger King</td>
<td>NS</td>
<td>4</td>
<td>0.061</td>
<td>0.017</td>
<td>123</td>
<td>1 sandwich</td>
<td>0.075</td>
</tr>
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<td>Eggwich with bacon egg and cheese</td>
<td>Burger King</td>
<td>NS</td>
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<td>0.076</td>
<td>0.015</td>
<td>134</td>
<td>1 sandwich</td>
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<td>Burger King</td>
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<td>0.009</td>
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### TABLE 6 (Continued)

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<th>n</th>
<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
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<tbody>
<tr>
<td>French fries</td>
<td>Burger King</td>
<td>NS</td>
<td>4</td>
<td>0.344</td>
<td>0.057</td>
<td>134</td>
<td>1 medium serving</td>
<td>0.461</td>
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<tr>
<td>French toast sticks</td>
<td>Burger King</td>
<td>NS</td>
<td>4</td>
<td>0.188</td>
<td>0.033</td>
<td>110</td>
<td>1 medium serving</td>
<td>0.207</td>
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<tr>
<td>Frosty dairy dessert</td>
<td>Wendy’s</td>
<td>NS</td>
<td>1</td>
<td>0.164</td>
<td></td>
<td>221</td>
<td>1 medium</td>
<td>0.363</td>
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<td>Grilled chicken sandwich</td>
<td>Wendy’s</td>
<td>NS</td>
<td>1</td>
<td>0.152</td>
<td></td>
<td>181</td>
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<tr>
<td>Ham, egg, and cheese bagel</td>
<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.131</td>
<td>0.022</td>
<td>194</td>
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<td>0.254</td>
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<tr>
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<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.136</td>
<td>0.038</td>
<td>97</td>
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<td>0.132</td>
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<td>Burger King</td>
<td>NS</td>
<td>4</td>
<td>0.184</td>
<td>0.016</td>
<td>115</td>
<td>1 sandwich</td>
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<tr>
<td>Hash brown rounds</td>
<td>Burger King</td>
<td>NS</td>
<td>4</td>
<td>0.245</td>
<td>0.032</td>
<td>77</td>
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<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.351</td>
<td>0.041</td>
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<td>Hotcakes and sausage</td>
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<td>NS</td>
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<td>0.185</td>
<td>0.031</td>
<td>191</td>
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<td>Ice</td>
<td>Wendy’s</td>
<td>NS</td>
<td>1</td>
<td>0.002</td>
<td></td>
<td>240</td>
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<td>Ice</td>
<td>Burger King</td>
<td>NS</td>
<td>1</td>
<td>0.001</td>
<td></td>
<td>240</td>
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<td>Iced tea, brewed, unsweetened</td>
<td>Wendy’s</td>
<td>NS</td>
<td>1</td>
<td>0.372</td>
<td></td>
<td>237</td>
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<td>Junior hamburger</td>
<td>Wendy’s</td>
<td>NS</td>
<td>4</td>
<td>0.139</td>
<td>0.023</td>
<td>115</td>
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<td>Junior hamburger with cheese</td>
<td>Wendy’s</td>
<td>NS</td>
<td>1</td>
<td>0.099</td>
<td></td>
<td>136</td>
<td>1 sandwich</td>
<td>0.135</td>
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<tr>
<td>Nachos</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.356</td>
<td>0.020</td>
<td>77</td>
<td>1 serving</td>
<td>0.274</td>
</tr>
<tr>
<td>Nachos supreme</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.299</td>
<td>0.026</td>
<td>199</td>
<td>1 serving</td>
<td>0.595</td>
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<tr>
<td>Pepperoni pizza, regular crust</td>
<td>Pizza Hut</td>
<td>NS</td>
<td>5</td>
<td>0.179</td>
<td>0.011</td>
<td>96</td>
<td>1 slice of 12-in diameter pizza</td>
<td>0.172</td>
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<td>Pepperoni pizza, thick crust</td>
<td>Pizza Hut</td>
<td>NS</td>
<td>3</td>
<td>0.144</td>
<td>0.018</td>
<td>96</td>
<td>1 slice of 12-in diameter pizza</td>
<td>0.139</td>
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<td>Quarter pounder</td>
<td>McDonald’s</td>
<td>NS</td>
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<td>0.081</td>
<td></td>
<td>166</td>
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<td>0.134</td>
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<td>Quarter pounder, no cheese</td>
<td>McDonald’s</td>
<td>NS</td>
<td>1</td>
<td>0.094</td>
<td></td>
<td>157</td>
<td>1 sandwich</td>
<td>0.147</td>
</tr>
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<td>Sausage biscuit</td>
<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.369</td>
<td>0.163</td>
<td>111</td>
<td>1 sandwich</td>
<td>0.410</td>
</tr>
<tr>
<td>Sausage biscuit with egg</td>
<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.213</td>
<td>0.139</td>
<td>161</td>
<td>1 sandwich</td>
<td>0.342</td>
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<td>Sausage breakfast burrito</td>
<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.093</td>
<td>0.011</td>
<td>114</td>
<td>1 sandwich</td>
<td>0.106</td>
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<td>Sausage McMuffin</td>
<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.232</td>
<td>0.019</td>
<td>107</td>
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<td>0.248</td>
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<td>Sausage McMuffin with egg</td>
<td>McDonald’s</td>
<td>NS</td>
<td>4</td>
<td>0.160</td>
<td>0.017</td>
<td>156</td>
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<tr>
<td>Soft taco with beef</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.100</td>
<td>0.004</td>
<td>101</td>
<td>1 taco</td>
<td>0.101</td>
</tr>
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<td>Soft taco with chicken</td>
<td>Taco Bell</td>
<td>NS</td>
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<td>0.070</td>
<td>0.004</td>
<td>100</td>
<td>1 taco</td>
<td>0.059</td>
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<td>Soft taco with steak</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.068</td>
<td>0.009</td>
<td>114</td>
<td>1 taco</td>
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<td>Spanish omelet bagel</td>
<td>McDonald’s</td>
<td>NS</td>
<td>3</td>
<td>0.147</td>
<td>0.015</td>
<td>229</td>
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<td>0.324</td>
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<tr>
<td>Steak, egg, and cheese bagel</td>
<td>McDonald’s</td>
<td>NS</td>
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<td>0.083</td>
<td>0.007</td>
<td>221</td>
<td>1 sandwich</td>
<td>0.184</td>
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<tr>
<td>Super supreme pizza, regular crust</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.198</td>
<td>0.027</td>
<td>127</td>
<td>1 slice of 12-in diameter pizza</td>
<td>0.251</td>
</tr>
<tr>
<td>Taco salad</td>
<td>Taco Bell</td>
<td>NS</td>
<td>4</td>
<td>0.132</td>
<td>0.010</td>
<td>465</td>
<td>1 salad</td>
<td>0.615</td>
</tr>
<tr>
<td>Thin crust pizza</td>
<td>Domino’s</td>
<td>NS</td>
<td>4</td>
<td>0.284</td>
<td>0.050</td>
<td>39</td>
<td>1 slice of 14-in diameter pizza</td>
<td>0.111</td>
</tr>
<tr>
<td>Ultimate deep dish pizza, cheese</td>
<td>Domino’s</td>
<td>NS</td>
<td>4</td>
<td>0.197</td>
<td>0.039</td>
<td>121</td>
<td>1 slice of 14-in diameter pizza</td>
<td>0.238</td>
</tr>
<tr>
<td>Ultimate deep dish pizza, pepperoni</td>
<td>Domino’s</td>
<td>NS</td>
<td>4</td>
<td>0.186</td>
<td>0.030</td>
<td>127</td>
<td>1 slice of 14-in diameter pizza</td>
<td>0.237</td>
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<tr>
<td>Vanilla milkshake</td>
<td>McDonald’s</td>
<td>NS</td>
<td>1</td>
<td>0.116</td>
<td></td>
<td>331</td>
<td>1 medium (16 oz)</td>
<td>0.383</td>
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<tr>
<td>Vanilla shake</td>
<td>Burger King</td>
<td>NS</td>
<td>1</td>
<td>0.075</td>
<td></td>
<td>320</td>
<td>1 medium (16 oz)</td>
<td>0.240</td>
</tr>
<tr>
<td>Whopper</td>
<td>Burger King</td>
<td>NS</td>
<td>4</td>
<td>0.058</td>
<td>0.013</td>
<td>266</td>
<td>1 sandwich</td>
<td>0.153</td>
</tr>
<tr>
<td>Whopper with cheese</td>
<td>Burger King</td>
<td>NS</td>
<td>1</td>
<td>0.055</td>
<td></td>
<td>292</td>
<td>1 sandwich</td>
<td>0.161</td>
</tr>
<tr>
<td>Cola, diet</td>
<td>Wendy’s</td>
<td>NS</td>
<td>1</td>
<td>0.033</td>
<td></td>
<td>237</td>
<td>8 oz (240 mL)</td>
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</tr>
<tr>
<td>Cola, diet</td>
<td>McDonald’s</td>
<td>NS</td>
<td>1</td>
<td>0.022</td>
<td></td>
<td>237</td>
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<td>0.052</td>
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<tr>
<td>Cola, regular</td>
<td>Wendy’s</td>
<td>NS</td>
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<td>0.022</td>
<td></td>
<td>246</td>
<td>8 oz (240 mL)</td>
<td>0.055</td>
</tr>
<tr>
<td>Cola, regular</td>
<td>McDonald’s</td>
<td>NS</td>
<td>1</td>
<td>0.004</td>
<td></td>
<td>246</td>
<td>8 oz (240 mL)</td>
<td>0.010</td>
</tr>
<tr>
<td>Cola, regular</td>
<td>Burger King</td>
<td>NS</td>
<td>1</td>
<td>0.027</td>
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<td>246</td>
<td>8 oz (240 mL)</td>
<td>0.067</td>
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<tr>
<td>Deep dish pizza, cheese, large</td>
<td>Little Caesar’s</td>
<td>NS</td>
<td>5</td>
<td>0.181</td>
<td>0.048</td>
<td>102</td>
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<td>Deep dish pizza, pepperoni, large</td>
<td>Little Caesar’s</td>
<td>NS</td>
<td>1</td>
<td>0.164</td>
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<td>104</td>
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<td>0.170</td>
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<td>Product</td>
<td>Brand</td>
<td>Type</td>
<td>n</td>
<td>Antioxidant content</td>
<td>SD or range</td>
<td>Servings size</td>
<td>Serving description</td>
<td>Antioxidant content</td>
</tr>
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<td>---------------------</td>
</tr>
<tr>
<td>Lemon-lime soda, regular</td>
<td>Wendy’s</td>
<td>NS 1</td>
<td>0.003</td>
<td>-</td>
<td></td>
<td>246</td>
<td>8 oz (240 mL)</td>
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<td>Burger King</td>
<td>NS 1</td>
<td>0.002</td>
<td>-</td>
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<td>237</td>
<td>1 slice of 14-in diameter pizza</td>
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</tr>
<tr>
<td>Original crust pizza, cheese</td>
<td>Papa John’s</td>
<td>NS 4</td>
<td>0.297</td>
<td>0.047</td>
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<td>117</td>
<td>1 slice of 14-in diameter pizza</td>
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</tr>
<tr>
<td>Original crust pizza, pepperoni</td>
<td>Papa John’s</td>
<td>NS 4</td>
<td>0.236</td>
<td>0.011</td>
<td></td>
<td>123</td>
<td>1 slice of 14-in diameter pizza</td>
<td>0.291</td>
</tr>
<tr>
<td>Original crust pizza, the works</td>
<td>Papa John’s</td>
<td>NS 4</td>
<td>0.234</td>
<td>0.044</td>
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<td>153</td>
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<td>0.358</td>
</tr>
<tr>
<td>Original round pizza, cheese</td>
<td>Little Caesars’</td>
<td>NS 3</td>
<td>0.213</td>
<td>0.006</td>
<td></td>
<td>89</td>
<td>1 slice of 14-in diameter pizza</td>
<td>0.189</td>
</tr>
<tr>
<td>Original round pizza, pepperoni</td>
<td>Little Caesars’</td>
<td>NS 3</td>
<td>0.173</td>
<td>0.029</td>
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<td>90</td>
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<tr>
<td>Original round pizza, with meat and vegetable toppings</td>
<td>Little Caesars’</td>
<td>NS 3</td>
<td>0.191</td>
<td>0.024</td>
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<td>1 slice of 14-in diameter pizza</td>
<td>0.220</td>
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<tr>
<td>Thin crust pizza, cheese</td>
<td>Papa John’s</td>
<td>NS 4</td>
<td>0.260</td>
<td>0.013</td>
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<td>0.226</td>
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<tr>
<td>Thin crust pizza, cheese</td>
<td>Little Caesars’</td>
<td>NS 2</td>
<td>0.217</td>
<td>0.216–0.217</td>
<td></td>
<td>48</td>
<td>1 slice of 14-in diameter pizza</td>
<td>0.104</td>
</tr>
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<td>Fats and oils</td>
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<tr>
<td>Canola and corn oil blend</td>
<td>Mazola Right Blend</td>
<td>NS 1</td>
<td>0.187</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.000</td>
</tr>
<tr>
<td>Canola and corn oil blend</td>
<td>Store brand</td>
<td>NS 1</td>
<td>0.292</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.041</td>
</tr>
<tr>
<td>Canola oil</td>
<td>Crisco</td>
<td>NS 1</td>
<td>0.481</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.067</td>
</tr>
<tr>
<td>Canola oil</td>
<td>Mazola Right Blend</td>
<td>NS 1</td>
<td>0.456</td>
<td>-</td>
<td></td>
<td>14</td>
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<td>0.064</td>
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<td>Canola oil</td>
<td>Store brand</td>
<td>NS 1</td>
<td>0.385</td>
<td>-</td>
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<td>14</td>
<td>1 tbsp</td>
<td>0.054</td>
</tr>
<tr>
<td>Canola oil</td>
<td>Wesson</td>
<td>NS 1</td>
<td>0.513</td>
<td>-</td>
<td></td>
<td>14</td>
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<td>0.072</td>
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<td>Corn oil</td>
<td>Mazola</td>
<td>NS 1</td>
<td>0.340</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.048</td>
</tr>
<tr>
<td>Corn oil</td>
<td>Store brand</td>
<td>NS 1</td>
<td>0.333</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.047</td>
</tr>
<tr>
<td>Olive oil (mixture of types)</td>
<td>Store brand</td>
<td>NS 1</td>
<td>0.227</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.032</td>
</tr>
<tr>
<td>Olive oil, extra virgin</td>
<td>Pompeian</td>
<td>NS 1</td>
<td>0.312</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.044</td>
</tr>
<tr>
<td>Olive oil, extra virgin</td>
<td>Bertolli</td>
<td>NS 1</td>
<td>0.252</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.035</td>
</tr>
<tr>
<td>Vegetable oil (soybean oil)</td>
<td>Store brand</td>
<td>NS 2</td>
<td>0.336</td>
<td>0.326–0.345</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.047</td>
</tr>
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<td>Vegetable oil (soybean oil)</td>
<td>Crisco</td>
<td>NS 2</td>
<td>0.415</td>
<td>0.415–0.415</td>
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<td>14</td>
<td>1 tbsp</td>
<td>0.058</td>
</tr>
<tr>
<td>Vegetable oil (soybean oil)</td>
<td>Mazola</td>
<td>NS 1</td>
<td>0.353</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.049</td>
</tr>
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<td>Vegetable oil (soybean oil)</td>
<td>Store brand</td>
<td>NS 1</td>
<td>0.531</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.074</td>
</tr>
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<td>Vegetable oil (soybean oil)</td>
<td>Wesson</td>
<td>NS 1</td>
<td>0.431</td>
<td>-</td>
<td></td>
<td>14</td>
<td>1 tbsp</td>
<td>0.060</td>
</tr>
<tr>
<td>Fish and seafood</td>
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<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Canned chunk light tuna in water</td>
<td>Chicken of the Sea</td>
<td>NS 1</td>
<td>0.093</td>
<td>-</td>
<td></td>
<td>85</td>
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<td>-</td>
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<td>Gortons</td>
<td>NS 1</td>
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<td>-</td>
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<td>112</td>
<td>four 4 × 1 × 1/2-in sticks</td>
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<td>Mrs Paul’s Select Cuts</td>
<td>NS 1</td>
<td>0.073</td>
<td>-</td>
<td></td>
<td>112</td>
<td>four 4 × 1 × 1/2-in sticks</td>
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<td>Van De Kamps</td>
<td>NS 1</td>
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<td>-</td>
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<td>112</td>
<td>four 4 × 1 × 1/2-in sticks</td>
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<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
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<td>Orange roughy, fillets</td>
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<td>0.003</td>
<td>85</td>
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<td>NS</td>
<td>2</td>
<td>0.043</td>
<td>0.037–0.048</td>
<td>85</td>
<td>3 oz</td>
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<td>Bumble Bee</td>
<td>NS</td>
<td>5</td>
<td>0.067</td>
<td>0.007</td>
<td>85</td>
<td>3 oz</td>
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<td>Chicken of the Sea</td>
<td>NS</td>
<td>4</td>
<td>0.071</td>
<td>0.005</td>
<td>85</td>
<td>3 oz</td>
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<td>Other brand</td>
<td>NS</td>
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<td>0.012</td>
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<td>NS</td>
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<td>0.015</td>
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<td>Bumble Bee</td>
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<td>0.030</td>
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<td>NS</td>
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<td>0.076–0.084</td>
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<td>Store brand</td>
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<td>Shrimp, cooked, canned</td>
<td>Orleans or Bumble Bee</td>
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<td>1</td>
<td>0.041</td>
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<td>Tilapia, fillets</td>
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<td>0.141</td>
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<td>85</td>
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<td>Tuna, canned in water, chunk light</td>
<td>Star Kist</td>
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<td>0.016</td>
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<td>Bumble Bee</td>
<td>NS</td>
<td>1</td>
<td>0.097</td>
<td>-</td>
<td>85</td>
<td>3 oz</td>
<td>0.082</td>
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<td>Tuna, canned in water, chunk light</td>
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<td>NS</td>
<td>1</td>
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<td>Fruit and fruit juices</td>
<td>Minute Maid</td>
<td>NS</td>
<td>1</td>
<td>0.717</td>
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<td>248</td>
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<td>Apple juice, 100%, unsweetened, calcium-enriched, with added vitamin C</td>
<td>Juicy Juice</td>
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<td>Dole</td>
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<td>0.311</td>
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<td>138</td>
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<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
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TABLE 6 (Continued)

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<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size §</th>
<th>Serving description ‡</th>
<th>Antioxidant content mmol/serving</th>
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<td>0.558</td>
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<td>Orange, navel</td>
<td>S</td>
<td>8</td>
<td>0.901</td>
<td>0.161</td>
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<td>1.261</td>
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<td>Store brand</td>
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<td>0.105</td>
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<td>118</td>
<td>1 medium fruit</td>
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<td>Peaches, canned in heavy syrup,</td>
<td>Del Monte</td>
<td>NS</td>
<td>1</td>
<td>0.104</td>
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<td>Libby</td>
<td>NS</td>
<td>1</td>
<td>0.103</td>
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<td>Del Monte</td>
<td>NS</td>
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<td>0.094</td>
<td>-</td>
<td>111</td>
<td>0.5 cup</td>
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<tr>
<td>drained solids</td>
<td>Libby</td>
<td>NS</td>
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<td>0.5 cup</td>
<td>0.113</td>
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<tr>
<td>Peaches, canned in heavy syrup,</td>
<td>Store brand</td>
<td>NS</td>
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<td>Pears, Bartlett</td>
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<td>1 medium fruit</td>
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<td>0.294</td>
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<td>Pears, composite of Bartlett,</td>
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<td>Green Anjou, and Bosc</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Pears, Green Anjou</td>
<td>NS</td>
<td>8</td>
<td>0.218</td>
<td>0.041</td>
<td>166</td>
<td>1 medium fruit</td>
<td></td>
<td>0.362</td>
</tr>
<tr>
<td>Pears, Red Anjou</td>
<td>NS</td>
<td>8</td>
<td>0.233</td>
<td>0.037</td>
<td>166</td>
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<td></td>
<td>0.387</td>
</tr>
<tr>
<td>Pineapple</td>
<td>NS</td>
<td>5</td>
<td>0.600</td>
<td>0.364</td>
<td>155</td>
<td>1 cup diced</td>
<td></td>
<td>0.930</td>
</tr>
<tr>
<td>Pineapple juice, canned or</td>
<td>Dole</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>bottled, unsweetened</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Pineapple MDII</td>
<td>Del Monte Extra Gold</td>
<td>NS</td>
<td>8</td>
<td>1.046</td>
<td>0.197</td>
<td>155</td>
<td>1 cup diced</td>
<td>1.621</td>
</tr>
<tr>
<td>Plums</td>
<td>NS</td>
<td>7</td>
<td>0.834</td>
<td>0.289</td>
<td>66</td>
<td>1 fruit</td>
<td></td>
<td>0.551</td>
</tr>
<tr>
<td>Plums, black</td>
<td>Black Diamond</td>
<td>S</td>
<td>1</td>
<td>1.826</td>
<td>-</td>
<td>66</td>
<td>1 fruit</td>
<td>1.205</td>
</tr>
<tr>
<td>Prunes</td>
<td>NS</td>
<td>8</td>
<td>2.018</td>
<td>0.403</td>
<td>85</td>
<td>0.5 cup</td>
<td></td>
<td>1.715</td>
</tr>
<tr>
<td>Raisins</td>
<td>NS</td>
<td>8</td>
<td>0.780</td>
<td>0.092</td>
<td>82</td>
<td>0.5 cup</td>
<td></td>
<td>0.639</td>
</tr>
<tr>
<td>Tangerines</td>
<td>NS</td>
<td>3</td>
<td>0.616</td>
<td>0.047</td>
<td>84</td>
<td>1 fruit</td>
<td></td>
<td>0.518</td>
</tr>
<tr>
<td>Tangerines, honey</td>
<td>L</td>
<td>1</td>
<td>0.445</td>
<td>-</td>
<td>84</td>
<td>1 fruit</td>
<td></td>
<td>0.374</td>
</tr>
<tr>
<td>Watermelon</td>
<td>NS</td>
<td>7</td>
<td>0.042</td>
<td>0.011</td>
<td>152</td>
<td>1 cup diced</td>
<td></td>
<td>0.064</td>
</tr>
<tr>
<td>Grains and grain products</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Bagels, plain</td>
<td>Store bakery</td>
<td>NS</td>
<td>1</td>
<td>0.108</td>
<td>-</td>
<td>105</td>
<td>1 medium bagel</td>
<td>0.113</td>
</tr>
<tr>
<td>Bagels, plain, frozen</td>
<td>Lenders Original Recipe</td>
<td>NS</td>
<td>1</td>
<td>0.110</td>
<td>-</td>
<td>105</td>
<td>1 medium bagel</td>
<td>0.116</td>
</tr>
<tr>
<td>Bagels, plain, frozen, toasted</td>
<td>Lenders Original Recipe</td>
<td>NS</td>
<td>1</td>
<td>0.235</td>
<td>-</td>
<td>83</td>
<td>1 medium bagel</td>
<td>0.195</td>
</tr>
<tr>
<td>Bagels, plain, New York style</td>
<td>Sara Lee</td>
<td>NS</td>
<td>1</td>
<td>0.154</td>
<td>-</td>
<td>105</td>
<td>1 medium bagel</td>
<td>0.161</td>
</tr>
<tr>
<td>Bagels, plain, New York style,</td>
<td>Sara Lee</td>
<td>NS</td>
<td>1</td>
<td>0.287</td>
<td>-</td>
<td>83</td>
<td>1 medium bagel</td>
<td>0.238</td>
</tr>
<tr>
<td>toasted</td>
<td>Thomas</td>
<td>NS</td>
<td>1</td>
<td>0.124</td>
<td>-</td>
<td>105</td>
<td>1 medium bagel</td>
<td>0.131</td>
</tr>
<tr>
<td>Bagels, plain, New York style,</td>
<td>Thomas</td>
<td>NS</td>
<td>1</td>
<td>0.306</td>
<td>-</td>
<td>83</td>
<td>1 medium bagel</td>
<td>0.254</td>
</tr>
<tr>
<td>toasted</td>
<td>Store bakery</td>
<td>NS</td>
<td>1</td>
<td>0.396</td>
<td>-</td>
<td>83</td>
<td>1 medium bagel</td>
<td>0.329</td>
</tr>
<tr>
<td>Bagels, plain, toasted</td>
<td>Pepperidge Farm</td>
<td>NS</td>
<td>1</td>
<td>0.227</td>
<td>-</td>
<td>83</td>
<td>1 medium bagel</td>
<td>0.188</td>
</tr>
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<td>Biscuits, refrigerated,</td>
<td>Pillsbury Hungry Jack</td>
<td>NS</td>
<td>1</td>
<td>0.274</td>
<td>-</td>
<td>54</td>
<td>2 biscuits</td>
<td>0.148</td>
</tr>
<tr>
<td>buttermilk fluffy, cooked</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuits, refrigerated, cooked,</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>0.262</td>
<td>-</td>
<td>54</td>
<td>2 biscuits</td>
<td>0.141</td>
</tr>
<tr>
<td>Grands Butter Tastin’ Biscuits</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuits, refrigerated,</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>0.084</td>
<td>-</td>
<td>60</td>
<td>2 biscuits</td>
<td>0.050</td>
</tr>
<tr>
<td>Grands Butter Tastin’ Biscuits</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Product</td>
<td>Brand</td>
<td>Type</td>
<td>n</td>
<td>Antioxidant content</td>
<td>SD or range</td>
<td>Servings size</td>
<td>Serving description</td>
<td>Antioxidant content</td>
</tr>
<tr>
<td>---------</td>
<td>-------</td>
<td>------</td>
<td>---</td>
<td>---------------------</td>
<td>-------------</td>
<td>---------------</td>
<td>--------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Biscuits, refrigerated, Big Country Butter Tastin’ Fluffy, cooked</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>0.280</td>
<td>-</td>
<td>54</td>
<td>2 biscuits</td>
<td>0.151</td>
</tr>
<tr>
<td>Biscuits, refrigerated, Big Country Buttermilk</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>0.009</td>
<td>-</td>
<td>60</td>
<td>2 biscuits</td>
<td>0.005</td>
</tr>
<tr>
<td>Biscuits, refrigerated, Golden Layers Butter Tastin’ Biscuits</td>
<td>Pillsbury Hungry Jack</td>
<td>NS</td>
<td>1</td>
<td>0.030</td>
<td>-</td>
<td>60</td>
<td>2 biscuits</td>
<td>0.018</td>
</tr>
<tr>
<td>Biscuits, refrigerated, Golden Layers Butter Tastin’, cooked</td>
<td>Pillsbury Hungry Jack</td>
<td>NS</td>
<td>1</td>
<td>0.195</td>
<td>-</td>
<td>54</td>
<td>2 biscuits</td>
<td>0.105</td>
</tr>
<tr>
<td>Biscuits, refrigerated, Golden Layers Buttermilk</td>
<td>Pillsbury Hungry Jack</td>
<td>NS</td>
<td>1</td>
<td>0.077</td>
<td>-</td>
<td>60</td>
<td>2 biscuits</td>
<td>0.046</td>
</tr>
<tr>
<td>Biscuits, refrigerated, Golden Layers Buttermilk, cooked</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>0.332</td>
<td>-</td>
<td>54</td>
<td>2 biscuits</td>
<td>0.179</td>
</tr>
<tr>
<td>Biscuits, refrigerated, Grands Buttermilk Biscuits</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>0.017</td>
<td>-</td>
<td>60</td>
<td>2 biscuits</td>
<td>0.010</td>
</tr>
<tr>
<td>Biscuits, refrigerated, Grands Buttermilk, cooked</td>
<td>Pillsbury</td>
<td>NS</td>
<td>1</td>
<td>0.158</td>
<td>-</td>
<td>54</td>
<td>2 biscuits</td>
<td>0.085</td>
</tr>
<tr>
<td>Bread crumbs, plain</td>
<td>Progresso</td>
<td>NS</td>
<td>2</td>
<td>0.324</td>
<td>0.301–0.347</td>
<td>27</td>
<td>0.25 cup</td>
<td>0.087</td>
</tr>
<tr>
<td>Bread crumbs, plain</td>
<td>Colonna</td>
<td>NS</td>
<td>1</td>
<td>0.323</td>
<td>-</td>
<td>27</td>
<td>0.25 cup</td>
<td>0.087</td>
</tr>
<tr>
<td>Bread crumbs, plain, store brand</td>
<td>Store brand</td>
<td>NS</td>
<td>4</td>
<td>0.311</td>
<td>0.030</td>
<td>27</td>
<td>0.25 cup</td>
<td>0.084</td>
</tr>
<tr>
<td>Bread crumbs, seasoned</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.405</td>
<td>0.368–0.442</td>
<td>30</td>
<td>0.25 cup</td>
<td>0.122</td>
</tr>
<tr>
<td>Bread crumbs, seasoned, garlic and herb</td>
<td>Progresso</td>
<td>NS</td>
<td>1</td>
<td>0.470</td>
<td>-</td>
<td>30</td>
<td>0.25 cup</td>
<td>0.141</td>
</tr>
<tr>
<td>Bread crumbs, seasoned, Italian style</td>
<td>Progresso</td>
<td>NS</td>
<td>2</td>
<td>0.417</td>
<td>0.389–0.444</td>
<td>30</td>
<td>0.25 cup</td>
<td>0.125</td>
</tr>
<tr>
<td>Bread crumbs, seasoned, parmesan cheese</td>
<td>Progresso</td>
<td>NS</td>
<td>1</td>
<td>0.374</td>
<td>-</td>
<td>30</td>
<td>0.25 cup</td>
<td>0.112</td>
</tr>
<tr>
<td>Corn grits, white, instant</td>
<td>Quaker</td>
<td>NS</td>
<td>4</td>
<td>0.179</td>
<td>0.150–0.175</td>
<td>52</td>
<td>0.33 cup</td>
<td>0.093</td>
</tr>
<tr>
<td>Corn grits, white, instant</td>
<td>Store brand</td>
<td>NS</td>
<td>3</td>
<td>0.119</td>
<td>0.068–0.175</td>
<td>52</td>
<td>0.33 cup</td>
<td>0.062</td>
</tr>
<tr>
<td>Corn grits, white, instant, microwave cooked</td>
<td>Quaker</td>
<td>NS</td>
<td>4</td>
<td>0.033</td>
<td>0.022</td>
<td>242</td>
<td>1 cup</td>
<td>0.080</td>
</tr>
<tr>
<td>Corn grits, white, instant, microwave cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>3</td>
<td>0.025</td>
<td>0.009</td>
<td>242</td>
<td>1 cup</td>
<td>0.061</td>
</tr>
<tr>
<td>Corn grits, white, instant, prepared with boiling water</td>
<td>Quaker</td>
<td>NS</td>
<td>3</td>
<td>0.051</td>
<td>0.021</td>
<td>242</td>
<td>1 cup</td>
<td>0.124</td>
</tr>
<tr>
<td>Corn grits, white, instant, prepared with boiling water</td>
<td>Store brand</td>
<td>NS</td>
<td>3</td>
<td>0.027</td>
<td>0.019</td>
<td>242</td>
<td>1 cup</td>
<td>0.065</td>
</tr>
<tr>
<td>Corn grits, white, quick</td>
<td>Quaker</td>
<td>NS</td>
<td>4</td>
<td>0.225</td>
<td>0.027</td>
<td>52</td>
<td>0.33 cup</td>
<td>0.117</td>
</tr>
<tr>
<td>Corn grits, white, quick</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.141</td>
<td>0.072–0.210</td>
<td>52</td>
<td>0.33 cup</td>
<td>0.073</td>
</tr>
<tr>
<td>Corn grits, white, quick, boiled</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.036</td>
<td>0.015–0.057</td>
<td>242</td>
<td>1 cup</td>
<td>0.087</td>
</tr>
<tr>
<td>Corn grits, white, quick, cooked on stovetop</td>
<td>Quaker</td>
<td>NS</td>
<td>4</td>
<td>0.063</td>
<td>0.006</td>
<td>242</td>
<td>1 cup</td>
<td>0.152</td>
</tr>
<tr>
<td>Corn grits, white, quick, microwave cooked</td>
<td>Quaker</td>
<td>NS</td>
<td>3</td>
<td>0.052</td>
<td>0.006</td>
<td>242</td>
<td>1 cup</td>
<td>0.126</td>
</tr>
<tr>
<td>Corn grits, white, quick, microwave cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.038</td>
<td>0.018–0.057</td>
<td>242</td>
<td>1 cup</td>
<td>0.091</td>
</tr>
<tr>
<td>Corn grits, yellow, cooked on stovetop</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.284</td>
<td>-</td>
<td>52</td>
<td>0.33 cup</td>
<td>0.148</td>
</tr>
<tr>
<td>Corn grits, yellow, quick</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.193</td>
<td>-</td>
<td>52</td>
<td>0.33 cup</td>
<td>0.100</td>
</tr>
<tr>
<td>Corn grits, yellow, quick, cooked on stovetop</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.083</td>
<td>-</td>
<td>242</td>
<td>1 cup</td>
<td>0.200</td>
</tr>
<tr>
<td>Product</td>
<td>Brand</td>
<td>Type</td>
<td>n</td>
<td>Antioxidant content</td>
<td>SD or range</td>
<td>Servings size</td>
<td>Serving description</td>
<td>Antioxidant content mmol/100 g</td>
</tr>
<tr>
<td>--------------------------------</td>
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<td>-------------</td>
<td>---------------</td>
<td>---------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>Corn grits, yellow, quick, cooked on stovetop</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.078</td>
<td>-</td>
<td>242</td>
<td>1 cup</td>
<td>0.188</td>
</tr>
<tr>
<td>Corn grits, yellow, quick, microwave cooked</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.083</td>
<td>-</td>
<td>242</td>
<td>1 cup</td>
<td>0.202</td>
</tr>
<tr>
<td>Corn grits, yellow, quick, microwave cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.061</td>
<td>-</td>
<td>242</td>
<td>1 cup</td>
<td>0.148</td>
</tr>
<tr>
<td>Corn meal, degermed</td>
<td>Name brand</td>
<td>NS</td>
<td>1</td>
<td>0.405</td>
<td>-</td>
<td>46</td>
<td>0.33 cup</td>
<td>0.186</td>
</tr>
<tr>
<td>Corn meal, degermed</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.271</td>
<td>-</td>
<td>46</td>
<td>0.33 cup</td>
<td>0.125</td>
</tr>
<tr>
<td>Corn tortillas, refrigerated</td>
<td>Guerrero</td>
<td>NS</td>
<td>1</td>
<td>0.399</td>
<td>-</td>
<td>48</td>
<td>2 tortillas</td>
<td>0.191</td>
</tr>
<tr>
<td>Corn tortillas, refrigerated</td>
<td>Don Pacho</td>
<td>NS</td>
<td>1</td>
<td>0.376</td>
<td>-</td>
<td>48</td>
<td>2 tortillas</td>
<td>0.181</td>
</tr>
<tr>
<td>Corn, whole-kernel, canned, drained liquid</td>
<td>Lakeside Foods</td>
<td>NS</td>
<td>2</td>
<td>0.169</td>
<td>0.144–0.193</td>
<td>118</td>
<td>0.5 cup</td>
<td>0.199</td>
</tr>
<tr>
<td>Corn, whole-kernel, canned, drained solids</td>
<td>Lakeside Foods</td>
<td>NS</td>
<td>2</td>
<td>0.186</td>
<td>0.150–0.221</td>
<td>82</td>
<td>0.5 cup</td>
<td>0.152</td>
</tr>
<tr>
<td>Cream of wheat, cooked on stovetop, 2.5 min</td>
<td>Nabisco</td>
<td>NS</td>
<td>4</td>
<td>0.025</td>
<td>0.003</td>
<td>241</td>
<td>1 cup</td>
<td>0.060</td>
</tr>
<tr>
<td>Cream of wheat, cooked on stovetop, 2.5 min</td>
<td>Store brand</td>
<td>NS</td>
<td>3</td>
<td>0.028</td>
<td>0.015</td>
<td>241</td>
<td>1 cup</td>
<td>0.067</td>
</tr>
<tr>
<td>Cream of wheat, cooked on stovetop, 1 min</td>
<td>Nabisco</td>
<td>NS</td>
<td>3</td>
<td>0.016</td>
<td>0.002</td>
<td>241</td>
<td>1 cup</td>
<td>0.039</td>
</tr>
<tr>
<td>Cream of wheat, cooked on stovetop, 1 min</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.018</td>
<td>0.016–0.020</td>
<td>241</td>
<td>1 cup</td>
<td>0.043</td>
</tr>
<tr>
<td>Cream of wheat, instant, microwave cooked</td>
<td>Nabisco</td>
<td>NS</td>
<td>4</td>
<td>0.021</td>
<td>0.008</td>
<td>241</td>
<td>1 cup</td>
<td>0.049</td>
</tr>
<tr>
<td>Cream of wheat, instant, microwave cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.017</td>
<td>-</td>
<td>241</td>
<td>1 cup</td>
<td>0.042</td>
</tr>
<tr>
<td>Cream of wheat, instant, prepared with boiling water</td>
<td>Nabisco</td>
<td>NS</td>
<td>4</td>
<td>0.015</td>
<td>0.005</td>
<td>241</td>
<td>1 cup</td>
<td>0.036</td>
</tr>
<tr>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.040</td>
<td>-</td>
<td>241</td>
<td>1 cup</td>
<td>0.096</td>
</tr>
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<td>Cream of wheat, microwave cooked, 2.5 min</td>
<td>Nabisco</td>
<td>NS</td>
<td>4</td>
<td>0.026</td>
<td>0.003</td>
<td>241</td>
<td>1 cup</td>
<td>0.063</td>
</tr>
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<td>Store brand</td>
<td>NS</td>
<td>3</td>
<td>0.027</td>
<td>0.007</td>
<td>241</td>
<td>1 cup</td>
<td>0.064</td>
</tr>
<tr>
<td>Dinner rolls, soft dinner rolls, country style</td>
<td>Pepperidge Farm</td>
<td>NS</td>
<td>1</td>
<td>0.052</td>
<td>-</td>
<td>46</td>
<td>2 rolls</td>
<td>0.024</td>
</tr>
<tr>
<td>Dinner rolls, soft dinner rolls, Parker House</td>
<td>Pepperidge Farm</td>
<td>NS</td>
<td>1</td>
<td>0.072</td>
<td>-</td>
<td>64</td>
<td>2 rolls</td>
<td>0.046</td>
</tr>
<tr>
<td>Dinner rolls, soft dinner rolls, Parker House, cooked</td>
<td>Pepperidge Farm</td>
<td>NS</td>
<td>1</td>
<td>0.164</td>
<td>-</td>
<td>56</td>
<td>2 rolls</td>
<td>0.092</td>
</tr>
<tr>
<td>Dinner rolls, brown and serve rolls</td>
<td>Any brand</td>
<td>NS</td>
<td>1</td>
<td>0.070</td>
<td>-</td>
<td>56</td>
<td>2 rolls</td>
<td>0.039</td>
</tr>
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<td>Dinner rolls, brown and serve rolls, cooked</td>
<td>Any brand</td>
<td>NS</td>
<td>1</td>
<td>0.087</td>
<td>-</td>
<td>56</td>
<td>2 rolls</td>
<td>0.049</td>
</tr>
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<td>Pepperidge Farm</td>
<td>NS</td>
<td>1</td>
<td>0.223</td>
<td>-</td>
<td>56</td>
<td>2 rolls</td>
<td>0.125</td>
</tr>
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<td>Egg noodles, wide</td>
<td>Light ‘N Fluffy</td>
<td>NS</td>
<td>1</td>
<td>0.069</td>
<td>-</td>
<td>57</td>
<td>2 oz</td>
<td>0.039</td>
</tr>
<tr>
<td>Egg noodles, wide</td>
<td>Muellers</td>
<td>NS</td>
<td>1</td>
<td>0.074</td>
<td>-</td>
<td>57</td>
<td>2 oz</td>
<td>0.042</td>
</tr>
<tr>
<td>Egg noodles, wide, cooked</td>
<td>Muellers</td>
<td>NS</td>
<td>1</td>
<td>0.034</td>
<td>-</td>
<td>160</td>
<td>1 cup</td>
<td>0.054</td>
</tr>
<tr>
<td>Egg noodles, wide, cooked</td>
<td>Muellers</td>
<td>NS</td>
<td>1</td>
<td>0.023</td>
<td>-</td>
<td>160</td>
<td>1 cup</td>
<td>0.036</td>
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TABLE 6 (Continued)

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<th>Product</th>
<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
</tr>
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<tbody>
<tr>
<td></td>
<td></td>
<td>µmol/100 g</td>
<td>g</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>Egg noodles, wide, cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.038</td>
<td>-</td>
<td>160</td>
<td>1 cup</td>
<td>0.061</td>
</tr>
<tr>
<td>Elbow macaroni, cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.033</td>
<td>-</td>
<td>140</td>
<td>1 cup</td>
<td>0.046</td>
</tr>
<tr>
<td>Elbow macaroni, cooked</td>
<td>Creamette</td>
<td>NS</td>
<td>1</td>
<td>0.031</td>
<td>-</td>
<td>140</td>
<td>1 cup</td>
<td>0.044</td>
</tr>
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<td>English muffins, cinnamon raisin</td>
<td>Thomas</td>
<td>NS</td>
<td>1</td>
<td>0.198</td>
<td>-</td>
<td>57</td>
<td>1 muffin</td>
<td>0.113</td>
</tr>
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<td>English muffins, cinnamon raisin</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.211</td>
<td>-</td>
<td>52</td>
<td>1 muffin</td>
<td>0.110</td>
</tr>
<tr>
<td>English muffins, cinnamon raisin, toasted</td>
<td>Thomas</td>
<td>NS</td>
<td>1</td>
<td>0.363</td>
<td>-</td>
<td>57</td>
<td>1 muffin</td>
<td>0.207</td>
</tr>
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<td>English muffins, cinnamon raisin, toasted</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.356</td>
<td>-</td>
<td>52</td>
<td>1 muffin</td>
<td>0.185</td>
</tr>
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<td>English muffins, plain</td>
<td>Thomas</td>
<td>NS</td>
<td>1</td>
<td>0.043</td>
<td>-</td>
<td>57</td>
<td>1 muffin</td>
<td>0.025</td>
</tr>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.052</td>
<td>-</td>
<td>57</td>
<td>1 muffin</td>
<td>0.030</td>
</tr>
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<td>Thomas</td>
<td>NS</td>
<td>1</td>
<td>0.107</td>
<td>-</td>
<td>52</td>
<td>1 muffin</td>
<td>0.056</td>
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<td>Flour tortillas, refrigerated</td>
<td>Foods of New Mexico</td>
<td>NS</td>
<td>1</td>
<td>0.070</td>
<td>-</td>
<td>46</td>
<td>1 large 7–8-in diameter</td>
<td>0.032</td>
</tr>
<tr>
<td>Flour tortillas, refrigerated</td>
<td>La Favorita</td>
<td>NS</td>
<td>1</td>
<td>0.064</td>
<td>-</td>
<td>46</td>
<td>1 large 7–8-in diameter</td>
<td>0.029</td>
</tr>
<tr>
<td>Flour tortillas, refrigerated</td>
<td>Mex American</td>
<td>NS</td>
<td>1</td>
<td>0.058</td>
<td>-</td>
<td>46</td>
<td>1 large 7–8-in diameter (used weight equivalent to other bread)</td>
<td>0.027</td>
</tr>
<tr>
<td>French bread</td>
<td>Any brand</td>
<td>NS</td>
<td>2</td>
<td>0.174</td>
<td>0.163–0.185</td>
<td>50</td>
<td>2 slices</td>
<td>0.087</td>
</tr>
<tr>
<td>French bread, toasted</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.308</td>
<td>0.286–0.330</td>
<td>46</td>
<td>2 slices</td>
<td>0.142</td>
</tr>
<tr>
<td>Hamburger/hot dog rolls, hamburger rolls</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.182</td>
<td>0.174–0.189</td>
<td>43</td>
<td>1 roll</td>
<td>0.078</td>
</tr>
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<td>Hamburger/hot dog rolls, hot dog rolls</td>
<td>Store brand</td>
<td>NS</td>
<td>3</td>
<td>0.171</td>
<td>0.013</td>
<td>43</td>
<td>1 roll</td>
<td>0.074</td>
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<td>Instant white rice</td>
<td>Minute</td>
<td>NS</td>
<td>1</td>
<td>0.073</td>
<td>-</td>
<td>31.7</td>
<td>0.33 cup</td>
<td>0.023</td>
</tr>
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<td>Instant white rice, cooked</td>
<td>Minute</td>
<td>NS</td>
<td>2</td>
<td>0.026</td>
<td>0.026–0.026</td>
<td>165</td>
<td>1 cup</td>
<td>0.043</td>
</tr>
<tr>
<td>Instant white rice, cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.017</td>
<td>-</td>
<td>165</td>
<td>1 cup</td>
<td>0.028</td>
</tr>
<tr>
<td>Oatmeal, instant</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.463</td>
<td>-</td>
<td>27</td>
<td>0.33 cup</td>
<td>0.125</td>
</tr>
<tr>
<td>Oatmeal, instant</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.451</td>
<td>-</td>
<td>27</td>
<td>0.33 cup</td>
<td>0.122</td>
</tr>
<tr>
<td>Oatmeal, instant, boiled</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.114</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.266</td>
</tr>
<tr>
<td>Oatmeal, instant, boiled</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.101</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.236</td>
</tr>
<tr>
<td>Oatmeal, instant, microwave cooked</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.082</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.193</td>
</tr>
<tr>
<td>Oatmeal, instant, microwave cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.088</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.206</td>
</tr>
<tr>
<td>Oatmeal, old-fashioned</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.371</td>
<td>-</td>
<td>27</td>
<td>0.33 cup</td>
<td>0.100</td>
</tr>
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<td>Oatmeal, old-fashioned, boiled</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.340</td>
<td>-</td>
<td>27</td>
<td>0.33 cup</td>
<td>0.092</td>
</tr>
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<td>Oatmeal, old-fashioned, microwave cooked</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.110</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.257</td>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.096</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.224</td>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.085</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.200</td>
</tr>
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<td>Oatmeal, old-fashioned, microwave cooked</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.093</td>
<td>-</td>
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<td>1 cup</td>
<td>0.218</td>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.362</td>
<td>-</td>
<td>27</td>
<td>0.33 cup</td>
<td>0.098</td>
</tr>
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<td>Oatmeal, quick-cooking, 1-min oats, boiled</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.101</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.236</td>
</tr>
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<td>Oatmeal, quick-cooking, 1-min oats</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.446</td>
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<tr>
<td>Product</td>
<td>Brand</td>
<td>Type</td>
<td>n</td>
<td>Antioxidant content</td>
<td>SD or range</td>
<td>Servings size</td>
<td>Serving description</td>
<td>Antioxidant content</td>
</tr>
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<td>----------------------------------------------</td>
<td>----------------</td>
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<td>---------------------</td>
<td>-------------</td>
<td>----------------</td>
<td>---------------------</td>
<td>---------------------</td>
</tr>
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<td>Oatmeal, quick-cooking, 1-min oats, microwave cooked</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.083</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.193</td>
</tr>
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<td>Oatmeal, quick-cooking, boiled</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.086</td>
<td>-</td>
<td>234</td>
<td>1 cup</td>
<td>0.200</td>
</tr>
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<td>Oatmeal, quick-cooking, microwave cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.085</td>
<td>-</td>
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<td>1 cup</td>
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<td>NS</td>
<td>1</td>
<td>0.120</td>
<td>-</td>
<td>57</td>
<td>2 oz</td>
<td>0.068</td>
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<tr>
<td>Spaghetti, regular</td>
<td>Muellers</td>
<td>NS</td>
<td>1</td>
<td>0.116</td>
<td>-</td>
<td>57</td>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.110</td>
<td>-</td>
<td>57</td>
<td>2 oz</td>
<td>0.063</td>
</tr>
<tr>
<td>Spaghetti, regular</td>
<td>Ronzoni</td>
<td>NS</td>
<td>1</td>
<td>0.038</td>
<td>-</td>
<td>57</td>
<td>2 oz</td>
<td>0.022</td>
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<td>Spaghetti, regular, cooked</td>
<td>Muellers</td>
<td>NS</td>
<td>1</td>
<td>0.022</td>
<td>-</td>
<td>140</td>
<td>1 cup</td>
<td>0.031</td>
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<td>Spaghetti, regular, cooked</td>
<td>Ronzoni</td>
<td>NS</td>
<td>1</td>
<td>0.024</td>
<td>-</td>
<td>140</td>
<td>1 cup</td>
<td>0.033</td>
</tr>
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<td>Spaghetti, regular, cooked</td>
<td>San Giorgio</td>
<td>NS</td>
<td>1</td>
<td>0.016</td>
<td>-</td>
<td>140</td>
<td>1 cup</td>
<td>0.022</td>
</tr>
<tr>
<td>Spaghetti, regular, cooked</td>
<td>Muellers</td>
<td>NS</td>
<td>1</td>
<td>0.049</td>
<td>-</td>
<td>140</td>
<td>1 cup</td>
<td>0.068</td>
</tr>
<tr>
<td>Spaghetti, regular, cooked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.060</td>
<td>-</td>
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<td>Ronzoni</td>
<td>NS</td>
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<td>0.024</td>
<td>-</td>
<td>140</td>
<td>1 cup</td>
<td>0.034</td>
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<tr>
<td>Spaghetti, regular, cooked</td>
<td>San Giorgio</td>
<td>NS</td>
<td>1</td>
<td>0.022</td>
<td>-</td>
<td>140</td>
<td>1 cup</td>
<td>0.031</td>
</tr>
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<td>Taco shells, corn, hard, ready-to-eat</td>
<td>Ortega</td>
<td>NS</td>
<td>1</td>
<td>0.583</td>
<td>-</td>
<td>26.6</td>
<td>2 medium (∼5-in diameter)</td>
<td>0.155</td>
</tr>
<tr>
<td>Taco shells, corn, hard, ready-to-eat</td>
<td>Old El Paso</td>
<td>NS</td>
<td>1</td>
<td>0.374</td>
<td>-</td>
<td>26.6</td>
<td>2 medium (∼5-in diameter)</td>
<td>0.099</td>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.531</td>
<td>-</td>
<td>26.6</td>
<td>2 medium (∼5-in diameter)</td>
<td>0.141</td>
</tr>
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<td>Wheat bread</td>
<td>Wonder</td>
<td>NS</td>
<td>1</td>
<td>0.312</td>
<td>-</td>
<td>50</td>
<td>2 slices</td>
<td>0.156</td>
</tr>
<tr>
<td>Wheat bread</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.338</td>
<td>-</td>
<td>50</td>
<td>2 slices</td>
<td>0.169</td>
</tr>
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<td>Wheat bread</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.323</td>
<td>-</td>
<td>50</td>
<td>2 slices</td>
<td>0.161</td>
</tr>
<tr>
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<td>Wonder</td>
<td>NS</td>
<td>1</td>
<td>0.541</td>
<td>-</td>
<td>46</td>
<td>2 slices</td>
<td>0.249</td>
</tr>
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<td>Wheat bread, toasted</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.520</td>
<td>-</td>
<td>46</td>
<td>2 slices</td>
<td>0.239</td>
</tr>
<tr>
<td>Wheat bread, toasted</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.598</td>
<td>-</td>
<td>46</td>
<td>2 slices</td>
<td>0.275</td>
</tr>
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<td>White bread, sliced</td>
<td>Store brand</td>
<td>NS</td>
<td>5</td>
<td>0.156</td>
<td>0.009</td>
<td>50</td>
<td>2 slices</td>
<td>0.078</td>
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TABLE 6 (Continued)

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<th>Serving description</th>
<th>Antioxidant content mmol/100 g</th>
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<td>-</td>
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<th>SD or range</th>
<th>Servings size</th>
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<th>Antioxidant content</th>
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<td>0.5 cup</td>
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<td>Beef hot dogs, cooked (boiled)</td>
<td>Oscar Mayer</td>
<td>NS</td>
<td>1</td>
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<td>-</td>
<td>45</td>
<td>1 frankfurter, 10 per pound</td>
<td>0.213</td>
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<td>Hygrade</td>
<td>NS</td>
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<td>-</td>
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<td>NS</td>
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<td>0.237</td>
<td>-</td>
<td>45</td>
<td>1 frankfurter, 10 per pound</td>
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</tr>
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<td>NS</td>
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<td>0.350</td>
<td>-</td>
<td>45</td>
<td>1 frankfurter, 10 per pound</td>
<td>0.158</td>
</tr>
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<td>Meat franks, jumbo</td>
<td>Bar S, Jumbo</td>
<td>NS</td>
<td>2</td>
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<td>0.241–0.259</td>
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<td>Boca Burger’s Chef Max’s all American classic</td>
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<td>1</td>
<td>0.108</td>
<td>-</td>
<td>85</td>
<td>1 patty</td>
<td>0.092</td>
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<tr>
<td>Veggie burgers</td>
<td>Morningstar Farms Grillers, Hamburger Style</td>
<td>NS</td>
<td>1</td>
<td>0.199</td>
<td>-</td>
<td>85</td>
<td>1 patty</td>
<td>0.170</td>
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<td>Veggie burgers</td>
<td>Morningstar Farms Garden Veggie</td>
<td>NS</td>
<td>1</td>
<td>0.302</td>
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<td>85</td>
<td>1 patty</td>
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### TABLE 6 (Continued)

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<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content (mmol/100 g)</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content (mmol/serving)</th>
</tr>
</thead>
<tbody>
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<td>Veggie burgers</td>
<td>Gardenburger Original</td>
<td>NS</td>
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<td>0.165</td>
<td>-</td>
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<td>1 patty</td>
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### Miscellaneous ingredients

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<th>Equal</th>
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<th>0.022</th>
<th>-</th>
<th>1/8 tsp, equivalent to 1 tsp sugar</th>
<th>0.000</th>
</tr>
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<tr>
<td>Artificial sweetener, calorie-free sweetener</td>
<td>Sugar Twin</td>
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<td>0.007</td>
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<td>1/8 tsp, equivalent to 1 tsp sugar</td>
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<tr>
<td>Artificial sweetener, calorie-free sweetener</td>
<td>Splenda</td>
<td>NS</td>
<td>1</td>
<td>0.003</td>
<td>-</td>
<td>1/8 tsp, equivalent to 1 tsp sugar</td>
<td>0.000</td>
</tr>
</tbody>
</table>

| Aspartame | Monsanto | S | 2 | 0.039 | 0.023–0.054 | 0.000 |
| Barley malt syrup, organic | Sweet Cloud | L | 1 | 2.121 | - | 20 | 0.424 |
| Brown rice syrup, powdered, organic | Emperor’s Kitchen | L | 1 | 1.041 | - | 28.35 | 0.295 |
| Brown rice malt syrup, organic | Sweet Cloud | L | 1 | 0.717 | - | 20 | 0.143 |

| Corn syrup, light | Karo | NS | 1 | 0.008 | - | 20 | 30 mL (1 tbsp = 20 g) | 0.002 |
| Corn syrup, light | Clements Foods Co | S | 3 | 0.005 | 0.002 | 20 | 30 mL (1 tbsp = 20 g) | 0.001 |

| Honey | Any brand | NS | 1 | 0.135 | - | 21 | 1 tbsp | 0.028 |
| Honey | Dutch Gold | NS | 1 | 0.138 | - | 21 | 1 tbsp | 0.029 |
| Honey | Golden Blossom | NS | 1 | 0.193 | - | 21 | 1 tbsp | 0.041 |
| Honey | Store brand | NS | 1 | 0.159 | - | 21 | 1 tbsp | 0.033 |
| Honey | Sue Bee | NS | 1 | 0.139 | - | 21 | 1 tbsp | 0.029 |
| Honey, clover | FMV | L | 1 | 0.161 | - | 21 | 0.034 |
| Maple syrup, 100% pure | Spring Tree | L | 1 | 0.454 | - | 20 | 0.091 |
| Molasses, dark | Brer Rabbit | L | 1 | 4.900 | - | 20 | 0.980 |
| Salt, iodized | Morton | NS | 1 | 0.000 | - | 6 | 1 tsp | 0.000 |
| Stevia powder, plus fiber | Sweet Leaf | L | 1 | 0.038 | - | 0.5 | 0.000 |
| Sugar, raw cane, organic | Sweet Cloud | L | 1 | 0.327 | - | 28.35 | 0.093 |
| Sugar, refined, granulated | Kroger | L | 1 | 0.004 | - | 28.35 | 0.001 |
| Sugar, turbinado | Sugar in the Raw | L | 1 | 0.210 | - | 28.35 | 1 oz | 0.059 |
| Vinegar, apple cider | Heinz | NS | 1 | 0.108 | - | 17 | 1 tbsp | 0.016 |
| Vinegar, apple cider | Store brand | NS | 1 | 0.122 | - | 17 | 1 tbsp | 0.021 |
| Vinegar, apple cider | Other brand | NS | 1 | 0.115 | - | 17 | 1 tbsp | 0.020 |
| Vinegar, balsamic | NS | 1 | 0.243 | - | 17 | 1 tbsp | 0.041 |
| Vinegar, balsamic | NS | 1 | 0.737 | - | 17 | 1 tbsp | 0.125 |
| Vinegar, balsamic | NS | 1 | 0.884 | - | 17 | 1 tbsp | 0.150 |
| Vinegar, distilled white | Heinz | NS | 1 | 0.004 | - | 17 | 1 tbsp | 0.001 |
| Vinegar, distilled white | Store brand | NS | 1 | 0.005 | - | 17 | 1 tbsp | 0.001 |
| Vinegar, distilled white | Other brand | NS | 1 | 0.000 | - | 17 | 1 tbsp | 0.000 |
| Vinegar, red wine | Regina | NS | 1 | 0.408 | - | 17 | 1 tbsp | 0.069 |
| Vinegar, red wine | Store brand | NS | 1 | 0.227 | - | 17 | 1 tbsp | 0.039 |
| Vinegar, red wine | Other brand | NS | 1 | 0.280 | - | 17 | 1 tbsp | 0.048 |

### Mixed food entrees

| Baked beans, pork and beans in brown sugar sauce | Bush’s | NS | 1 | 0.240 | - | 253 | 1 cup | 0.608 |
| Baked beans, pork and beans in brown sugar sauce | Heinz | NS | 1 | 0.293 | - | 253 | 1 cup | 0.742 |
| Baked beans, pork and beans in brown sugar sauce | Campbell’s | NS | 1 | 0.218 | - | 253 | 1 cup | 0.550 |
| Baked beans, pork and beans in brown sugar sauce | B&M | NS | 1 | 0.385 | - | 253 | 1 cup | 0.975 |

(Continued)
<table>
<thead>
<tr>
<th>Product</th>
<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
</tr>
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<tbody>
<tr>
<td>Baked beans, pork and beans in brown sugar sauce</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.287</td>
<td>-</td>
<td>253</td>
<td>1 cup</td>
<td>0.727</td>
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<tr>
<td>Baked beans, pork and beans in brown sugar sauce, heated</td>
<td>Bush’s</td>
<td>NS</td>
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<td>0.206</td>
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<td>253</td>
<td>1 cup</td>
<td>0.521</td>
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<td>Baked beans, pork and beans in brown sugar sauce, heated</td>
<td>B&amp;M</td>
<td>NS</td>
<td>1</td>
<td>0.375</td>
<td>-</td>
<td>253</td>
<td>1 cup</td>
<td>0.949</td>
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<tr>
<td>Baked beans, pork and beans in brown sugar sauce, heated</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.275</td>
<td>-</td>
<td>253</td>
<td>1 cup</td>
<td>0.696</td>
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<td>Baked beans, pork and beans in tomato sauce</td>
<td>Bush’s</td>
<td>NS</td>
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<td>0.191</td>
<td>-</td>
<td>253</td>
<td>1 cup</td>
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<td>Baked beans, pork and beans in tomato sauce</td>
<td>Heinz</td>
<td>NS</td>
<td>1</td>
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<td>-</td>
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<td>NS</td>
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<td>0.207</td>
<td>-</td>
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<td>1 cup</td>
<td>0.522</td>
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<td>B&amp;M</td>
<td>NS</td>
<td>1</td>
<td>0.158</td>
<td>-</td>
<td>253</td>
<td>1 cup</td>
<td>0.401</td>
</tr>
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<td>Baked beans, pork and beans in tomato sauce, heated</td>
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<td>NS</td>
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<td>-</td>
<td>253</td>
<td>1 cup</td>
<td>0.358</td>
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<td>0.212</td>
<td>-</td>
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<td>Bush’s</td>
<td>NS</td>
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<td>-</td>
<td>253</td>
<td>1 cup</td>
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<tr>
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<td>Heinz</td>
<td>NS</td>
<td>1</td>
<td>0.261</td>
<td>-</td>
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<td>1 cup</td>
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<td>Campbell’s</td>
<td>NS</td>
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<td>0.216</td>
<td>-</td>
<td>253</td>
<td>1 cup</td>
<td>0.547</td>
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<td>B&amp;M</td>
<td>NS</td>
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<td>-</td>
<td>253</td>
<td>1 cup</td>
<td>0.736</td>
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<tr>
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<td>1</td>
<td>0.235</td>
<td>-</td>
<td>253</td>
<td>1 cup</td>
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<td>-</td>
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<td>0.678</td>
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<td>NS</td>
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<td>0.243</td>
<td>-</td>
<td>253</td>
<td>1 cup</td>
<td>0.614</td>
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<td>Tina’s</td>
<td>NS</td>
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<td>0.108</td>
<td>0.085–0.130</td>
<td>143</td>
<td>1 burrito</td>
<td>0.154</td>
</tr>
<tr>
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<td>Marquez</td>
<td>NS</td>
<td>2</td>
<td>0.127</td>
<td>0.126–0.128</td>
<td>117</td>
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<td>0.149</td>
</tr>
<tr>
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<td>Old El Paso</td>
<td>NS</td>
<td>1</td>
<td>0.079</td>
<td>-</td>
<td>144</td>
<td>1 burrito</td>
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<td>Las Campanas</td>
<td>NS</td>
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<td>0.127</td>
<td>-</td>
<td>121</td>
<td>1 burrito</td>
<td>0.154</td>
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<td>NS</td>
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<td>0.133</td>
<td>-</td>
<td>118</td>
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<td>NS</td>
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<td>0.095</td>
<td>0.084–0.105</td>
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<td>Patio</td>
<td>NS</td>
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<td>144</td>
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<td>NS</td>
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<td>0.118</td>
<td>-</td>
<td>122</td>
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<td>Tina’s</td>
<td>NS</td>
<td>1</td>
<td>0.111</td>
<td>-</td>
<td>122</td>
<td>1 burrito</td>
<td>0.136</td>
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<td>NS</td>
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<td>0.107</td>
<td>-</td>
<td>119</td>
<td>1 burrito</td>
<td>0.128</td>
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TABLE 6 (Continued)

<table>
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<tr>
<th>Product</th>
<th>Brand</th>
<th>Type</th>
<th>n</th>
<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content</th>
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<td>Beef and bean burritos, frozen, family pack</td>
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<td>0.168</td>
<td>-</td>
<td>106 g</td>
<td>1 burrito</td>
<td>0.178</td>
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<td>Dinty Moore</td>
<td>NS</td>
<td>8</td>
<td>0.125</td>
<td>0.021</td>
<td>232 g</td>
<td>1 cup</td>
<td>0.290</td>
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<td>232 g</td>
<td>1 cup</td>
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<td>Armour</td>
<td>NS</td>
<td>1</td>
<td>0.074</td>
<td>-</td>
<td>232 g</td>
<td>1 cup</td>
<td>0.172</td>
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<td>Beef stew, canned</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.137</td>
<td>-</td>
<td>232 g</td>
<td>1 cup</td>
<td>0.318</td>
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<td>Beef stew, canned</td>
<td>Austex</td>
<td>NS</td>
<td>1</td>
<td>0.137</td>
<td>-</td>
<td>232 g</td>
<td>1 cup</td>
<td>0.317</td>
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<td>Beef stew, canned, cooked</td>
<td>Dinty Moore</td>
<td>NS</td>
<td>1</td>
<td>0.127</td>
<td>-</td>
<td>232 g</td>
<td>1 cup</td>
<td>0.294</td>
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<td>0.040</td>
<td>-</td>
<td>252 g</td>
<td>1 serving</td>
<td>0.101</td>
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<td>Canned macaroni and cheese (microwaveable cans)</td>
<td>Chef Boyardee</td>
<td>NS</td>
<td>1</td>
<td>0.043</td>
<td>-</td>
<td>252 g</td>
<td>1 serving</td>
<td>0.109</td>
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<td>Stouffer’s</td>
<td>NS</td>
<td>1</td>
<td>0.731</td>
<td>-</td>
<td>305 g</td>
<td>1 serving (1 package)</td>
<td>2.230</td>
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<tr>
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<td>Stouffer’s</td>
<td>NS</td>
<td>1</td>
<td>0.530</td>
<td>-</td>
<td>291 g</td>
<td>1 serving (1 package)</td>
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<td>Budget Gourmet</td>
<td>NS</td>
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<td>0.139</td>
<td>-</td>
<td>238 g</td>
<td>1 serving (1 package)</td>
<td>0.331</td>
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<td>Cheese lasagna, frozen, three-cheese</td>
<td>Budget Gourmet</td>
<td>NS</td>
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<td>0.163</td>
<td>-</td>
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<td>1 serving (1 package)</td>
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<td>Budget Gourmet</td>
<td>NS</td>
<td>1</td>
<td>0.305</td>
<td>-</td>
<td>245 g</td>
<td>1 serving (1 package)</td>
<td>0.748</td>
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<td>Cheese lasagna, frozen, three-cheese, cooked</td>
<td>Budget Gourmet</td>
<td>NS</td>
<td>1</td>
<td>0.176</td>
<td>-</td>
<td>228 g</td>
<td>1 serving (1 package)</td>
<td>0.401</td>
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<td>Cheese pizza, frozen, regular thin crust</td>
<td>McCain Ellio’s</td>
<td>NS</td>
<td>1</td>
<td>0.108</td>
<td>-</td>
<td>79 g</td>
<td>1 serving (per package label)</td>
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<td>-</td>
<td>147 g</td>
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<td>Cheese pizza, frozen, regular thin crust</td>
<td>Tony’s</td>
<td>NS</td>
<td>2</td>
<td>0.127</td>
<td>0.114–0.139</td>
<td>170 g</td>
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<td>Celeste Pizza for One</td>
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<td>181 g</td>
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<td>Mr P’s</td>
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<td>-</td>
<td>180 g</td>
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<td>DiGiorno</td>
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<td>-</td>
<td>129 g</td>
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<td>Tony’s</td>
<td>NS</td>
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<td>0.083</td>
<td>-</td>
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<td>Tombstone</td>
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<td>-</td>
<td>154 g</td>
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<td>Banquet</td>
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<td>-</td>
<td>198 g</td>
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<td>Hormel</td>
<td>NS</td>
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<td>0.499–0.539</td>
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<td>Nalley</td>
<td>NS</td>
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<td>0.321–0.322</td>
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<td>Dennisons</td>
<td>NS</td>
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<td>Chili Man</td>
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<tr>
<td>Chili with meat and beans, canned</td>
<td>Wolf</td>
<td>NS</td>
<td>1</td>
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<td>Bryan</td>
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<td>1 cup</td>
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<td>Chili with meat and beans, canned</td>
<td>Armour</td>
<td>NS</td>
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<td>0.397–0.405</td>
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<th>Serving description</th>
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<td>Store brand</td>
<td>NS</td>
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<td>NS</td>
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<td>Store brand</td>
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<td>Lasagna with meat, frozen, lower fat</td>
<td>Lean Cuisine</td>
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<td>Weight Watchers Smart Ones</td>
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<td>Stouffer’s</td>
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<td>Michelina’s</td>
<td>NS</td>
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<td>0.126-0.199</td>
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<td>NS</td>
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<td>Macaroni and cheese mix (with dry cheese powder)</td>
<td>Kraft</td>
<td>NS</td>
<td>3</td>
<td>0.061</td>
<td>0.028</td>
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<td>1 NLEA serving (to make ≈ 1 cup)</td>
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<td>-</td>
<td>186</td>
<td>1 cup</td>
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<td>Sausage and pepperoni pizza, frozen, cooked</td>
<td>Tony’s</td>
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<td>-</td>
<td>169</td>
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<td>Sausage and pepperoni pizza, frozen, cooked</td>
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<td>Spaghetti with meat, canned</td>
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<td>Spaghetti with meat, canned</td>
<td>Franco American Spaghettios with Meatballs</td>
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<td>Spaghetti with meat,</td>
<td>Franco American Spaghettios with Meatballs</td>
<td>NS 1</td>
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<td>Franco American Where’s Waldo Spaghettios</td>
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<td>-</td>
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<td>Turkey pot pie, frozen,</td>
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<td>NS 1</td>
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<td>Skippy</td>
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<td>0.658</td>
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<tr>
<td>Saltine crackers</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.281</td>
<td>0.273–0.289</td>
<td>18</td>
<td>6 square crackers</td>
<td>0.051</td>
</tr>
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<td>Saltine crackers</td>
<td>Nabisco Premium Original</td>
<td>NS</td>
<td>2</td>
<td>0.371</td>
<td>0.368–0.374</td>
<td>18</td>
<td>6 square crackers</td>
<td>0.067</td>
</tr>
<tr>
<td>Saltine crackers</td>
<td>Sunshine Krispy Original</td>
<td>NS</td>
<td>1</td>
<td>0.435</td>
<td>-</td>
<td>18</td>
<td>6 square crackers</td>
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<td>Sunshine Keebler Zesty Original</td>
<td>NS</td>
<td>1</td>
<td>0.278</td>
<td>-</td>
<td>18</td>
<td>6 square crackers</td>
<td>0.050</td>
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<tr>
<td>Toasty peanut butter filled crackers</td>
<td>Ritz Bitz</td>
<td>NS</td>
<td>2</td>
<td>1.067</td>
<td>0.943–1.190</td>
<td>42</td>
<td>6 crackers</td>
<td>0.448</td>
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<td>Toasty peanut butter filled crackers</td>
<td>Little Debbie</td>
<td>NS</td>
<td>1</td>
<td>1.170</td>
<td>-</td>
<td>39</td>
<td>6 crackers</td>
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<td>Keebler</td>
<td>NS</td>
<td>1</td>
<td>1.065</td>
<td>-</td>
<td>39</td>
<td>6 crackers</td>
<td>0.415</td>
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<td>Austin</td>
<td>NS</td>
<td>1</td>
<td>0.973</td>
<td>-</td>
<td>39</td>
<td>6 crackers</td>
<td>0.380</td>
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<tr>
<td>Toasty peanut butter filled crackers</td>
<td>Golden Flake</td>
<td>NS</td>
<td>1</td>
<td>0.970</td>
<td>-</td>
<td>39</td>
<td>6 crackers</td>
<td>0.378</td>
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<tr>
<td>Tortilla chips</td>
<td>Mission</td>
<td>NS</td>
<td>1</td>
<td>0.768</td>
<td>-</td>
<td>28.35</td>
<td>1 oz</td>
<td>0.218</td>
</tr>
<tr>
<td>Tortilla chips, 100% white corn flavor</td>
<td>Tostitos</td>
<td>NS</td>
<td>5</td>
<td>0.767</td>
<td>0.135</td>
<td>28.35</td>
<td>1 oz</td>
<td>0.217</td>
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<td>Doritos</td>
<td>NS</td>
<td>1</td>
<td>0.744</td>
<td>-</td>
<td>28.35</td>
<td></td>
<td>0.211</td>
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<td>Tortilla chips, made with olestra, nacho cheeseier flavor</td>
<td>Tostitos Wow</td>
<td>NS</td>
<td>1</td>
<td>0.224</td>
<td>-</td>
<td>28.35</td>
<td>1 oz</td>
<td>0.063</td>
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<tr>
<td>Tortilla chips, made with olestra, restaurant style flavor</td>
<td>Tostitos Wow</td>
<td>NS</td>
<td>1</td>
<td>0.162</td>
<td>-</td>
<td>28.35</td>
<td>1 oz</td>
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<td>Tortilla chips, nacho cheeseier flavor</td>
<td>Doritos</td>
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<td>1</td>
<td>0.717</td>
<td>-</td>
<td>28.35</td>
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<td>Soups, sauces, gravies, dressings, etc</td>
<td>Bottled salsa, Mild Tostitos</td>
<td>NS</td>
<td>2</td>
<td>0.329</td>
<td>0.319–0.339</td>
<td>30</td>
<td>2 tbsp</td>
<td>0.099</td>
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<td>Bottled salsa, roasted garlic flavor</td>
<td>Tostitos</td>
<td>NS</td>
<td>1</td>
<td>0.314</td>
<td>-</td>
<td>30</td>
<td>2 tbsp</td>
<td>0.094</td>
</tr>
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<td>Bottled salsa, Thick &amp; Chunky, mild flavor</td>
<td>Pace</td>
<td>NS</td>
<td>1</td>
<td>0.362</td>
<td>-</td>
<td>30</td>
<td>2 tbsp</td>
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<td>Bottled salsa, Thick n’ Chunky, medium flavor</td>
<td>Old El Paso</td>
<td>NS</td>
<td>1</td>
<td>0.303</td>
<td>-</td>
<td>30</td>
<td>2 tbsp</td>
<td>0.091</td>
</tr>
<tr>
<td>Bottled salsa, Thick n’ Chunky, mild flavor</td>
<td>Old El Paso</td>
<td>NS</td>
<td>1</td>
<td>0.307</td>
<td>-</td>
<td>30</td>
<td>2 tbsp</td>
<td>0.092</td>
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<tr>
<td>Chicken broth, canned, 99% fat-free</td>
<td>Swanson</td>
<td>NS</td>
<td>1</td>
<td>0.000</td>
<td>-</td>
<td>251</td>
<td>1 cup</td>
<td>0.000</td>
</tr>
<tr>
<td>Chicken Noodle Cup a Soup, dry</td>
<td>Knorr</td>
<td>NS</td>
<td>1</td>
<td>0.445</td>
<td>-</td>
<td>14.8</td>
<td>amount to make 1 cup prepared</td>
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</tr>
<tr>
<td>Condensed chicken noodle soup</td>
<td>Campbell’s</td>
<td>NS</td>
<td>5</td>
<td>0.026</td>
<td>0.005</td>
<td>123</td>
<td>amount to make 1 cup prepared</td>
<td>0.032</td>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.012</td>
<td>-</td>
<td>123</td>
<td>amount to make 1 cup prepared</td>
<td>0.014</td>
</tr>
<tr>
<td>Condensed cream of chicken soup</td>
<td>Campbell’s</td>
<td>NS</td>
<td>5</td>
<td>0.041</td>
<td>0.009</td>
<td>125.5</td>
<td>amount to make 1 cup prepared</td>
<td>0.052</td>
</tr>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.029</td>
<td>-</td>
<td>125.5</td>
<td>amount to make 1 cup prepared</td>
<td>0.036</td>
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<td>Campbell’s</td>
<td>NS</td>
<td>1</td>
<td>0.042</td>
<td>-</td>
<td>125.5</td>
<td>amount to make 1 cup prepared</td>
<td>0.053</td>
</tr>
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<td>Condensed tomato soup</td>
<td>Campbell’s</td>
<td>NS</td>
<td>5</td>
<td>0.240</td>
<td>0.015</td>
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<td>amount to make 1 cup prepared</td>
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</tr>
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<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.658</td>
<td>-</td>
<td>125.5</td>
<td>amount to make 1 cup prepared</td>
<td>0.826</td>
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<tr>
<td>French salad dressing</td>
<td>Western</td>
<td>NS</td>
<td>1</td>
<td>0.439</td>
<td>-</td>
<td>16</td>
<td>1 tbsp</td>
<td>0.070</td>
</tr>
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<td>French salad dressing</td>
<td>Kraft</td>
<td>NS</td>
<td>3</td>
<td>0.465</td>
<td>0.038</td>
<td>16</td>
<td>1 tbsp</td>
<td>0.074</td>
</tr>
<tr>
<td>French salad dressing</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.440</td>
<td>-</td>
<td>16</td>
<td>1 tbsp</td>
<td>0.070</td>
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<td>Brand</td>
<td>Type</td>
<td>n</td>
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<td>SD or range</td>
<td>Servings size</td>
<td>Serving description</td>
<td>Antioxidant content</td>
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<td>Henri’s</td>
<td>NS</td>
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<td>0.420</td>
<td>-</td>
<td>16</td>
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<td>French salad dressing, fat-free</td>
<td>Kraft Free</td>
<td>NS</td>
<td>3</td>
<td>0.037</td>
<td>0.007</td>
<td>16</td>
<td>1 tbsp</td>
<td>0.006</td>
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<td>French salad dressing, lite</td>
<td>Western</td>
<td>NS</td>
<td>1</td>
<td>0.425</td>
<td>-</td>
<td>16</td>
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<td>0.068</td>
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<td>Gravy, beef, canned</td>
<td>Heinz Homestyle</td>
<td>NS</td>
<td>1</td>
<td>0.061</td>
<td>-</td>
<td>58.25</td>
<td>0.25 cup</td>
<td>0.036</td>
</tr>
<tr>
<td>Gravy, turkey, canned</td>
<td>Franco American</td>
<td>NS</td>
<td>1</td>
<td>0.059</td>
<td>-</td>
<td>60</td>
<td>0.25 cup</td>
<td>0.035</td>
</tr>
<tr>
<td>Gravy, turkey, canned</td>
<td>Heinz Homestyle</td>
<td>NS</td>
<td>1</td>
<td>0.047</td>
<td>-</td>
<td>60</td>
<td>0.25 cup</td>
<td>0.028</td>
</tr>
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<td>Gravy, turkey, canned</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.044</td>
<td>-</td>
<td>60</td>
<td>0.25 cup</td>
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<td>Italian salad dressing</td>
<td>Wishbone</td>
<td>NS</td>
<td>4</td>
<td>0.315</td>
<td>0.031</td>
<td>14.7</td>
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<td>Italian salad dressing</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.408</td>
<td>0.357–0.459</td>
<td>14.7</td>
<td>1 tbsp</td>
<td>0.060</td>
</tr>
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<td>Italian salad dressing, fat-free</td>
<td>Kraft Free</td>
<td>NS</td>
<td>2</td>
<td>0.082</td>
<td>0.073–0.090</td>
<td>14</td>
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<td>0.011</td>
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<td>Italian salad dressing, fat-free</td>
<td>Seven Seas</td>
<td>NS</td>
<td>1</td>
<td>0.084</td>
<td>-</td>
<td>14</td>
<td>1 tbsp</td>
<td>0.012</td>
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<td>Italian salad dressing, lite</td>
<td>Wishbone</td>
<td>NS</td>
<td>2</td>
<td>0.141</td>
<td>0.129–0.153</td>
<td>14</td>
<td>1 tbsp</td>
<td>0.020</td>
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<tr>
<td>Mustard, yellow, prepared</td>
<td>French’s Classic</td>
<td>NS</td>
<td>1</td>
<td>1.566</td>
<td>-</td>
<td>2.5</td>
<td>0.5 tsp</td>
<td>0.039</td>
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<td>Mustard, yellow, prepared</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>1.520</td>
<td>-</td>
<td>2.5</td>
<td>0.5 tsp</td>
<td>0.038</td>
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<td>Mustard, yellow, prepared</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>1.417</td>
<td>-</td>
<td>2.5</td>
<td>0.5 tsp</td>
<td>0.035</td>
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<td>Pasta sauce, no meat, chunky garden combination</td>
<td>Prego</td>
<td>NS</td>
<td>2</td>
<td>0.505</td>
<td>0.500–0.510</td>
<td>125</td>
<td>0.5 cup</td>
<td>0.631</td>
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<td>Hunt’s</td>
<td>NS</td>
<td>1</td>
<td>0.515</td>
<td>-</td>
<td>125</td>
<td>0.5 cup</td>
<td>0.644</td>
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<td>Pasta sauce, no meat, old world style</td>
<td>Ragu</td>
<td>NS</td>
<td>1</td>
<td>0.397</td>
<td>-</td>
<td>125</td>
<td>0.5 cup</td>
<td>0.497</td>
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<td>Pasta sauce, no meat, three-cheese flavor</td>
<td>Prego</td>
<td>NS</td>
<td>1</td>
<td>0.375</td>
<td>-</td>
<td>125</td>
<td>0.5 cup</td>
<td>0.497</td>
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<td>Ramen noodle soup, beef flavor, dry</td>
<td>Nissin Top Ramen Noodles</td>
<td>NS</td>
<td>1</td>
<td>0.409</td>
<td>-</td>
<td>43</td>
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<td>Ranch salad dressing</td>
<td>Hidden Valley</td>
<td>NS</td>
<td>1</td>
<td>0.367</td>
<td>-</td>
<td>14</td>
<td>1 tbsp</td>
<td>0.051</td>
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<td>NS</td>
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<td>14</td>
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<td>0.064</td>
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<td>Ranch salad dressing</td>
<td>Wishbone</td>
<td>NS</td>
<td>1</td>
<td>0.408</td>
<td>-</td>
<td>14</td>
<td>1 tbsp</td>
<td>0.057</td>
</tr>
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<td>Ranch salad dressing, fat-free</td>
<td>Kraft Free</td>
<td>NS</td>
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<td>0.017</td>
<td>-</td>
<td>14</td>
<td>1 tbsp</td>
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<td>Hidden Valley</td>
<td>NS</td>
<td>1</td>
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<td>-</td>
<td>14</td>
<td>1 tbsp</td>
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<td>Wishbone</td>
<td>NS</td>
<td>1</td>
<td>0.033</td>
<td>-</td>
<td>14</td>
<td>1 tbsp</td>
<td>0.005</td>
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<td>Ranch salad dressing, lite</td>
<td>Hidden Valley</td>
<td>NS</td>
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<td>0.191</td>
<td>0.184–0.197</td>
<td>14</td>
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<td>Ranch salad dressing, lite</td>
<td>Kraft Light Done Right</td>
<td>NS</td>
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<td>0.144</td>
<td>-</td>
<td>14</td>
<td>1 tbsp</td>
<td>0.020</td>
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<td>Ranch salad dressing, lite</td>
<td>Wishbone</td>
<td>NS</td>
<td>1</td>
<td>0.185</td>
<td>-</td>
<td>14</td>
<td>1 tbsp</td>
<td>0.026</td>
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<td>Soup, chicken noodle, canned, ready-to-eat</td>
<td>Campbell’s Kitchen Classics</td>
<td>NS</td>
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<td>0.019</td>
<td>-</td>
<td>240</td>
<td>1 cup</td>
<td>0.045</td>
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<td>Soup, chicken noodle, canned, ready-to-eat</td>
<td>Progresso Traditional</td>
<td>NS</td>
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<td>0.017</td>
<td>-</td>
<td>240</td>
<td>1 cup</td>
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<td>Kraft Free</td>
<td>NS</td>
<td>3</td>
<td>0.070</td>
<td>0.003</td>
<td>16</td>
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<td>0.011</td>
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<td>Kraft Light Done Right</td>
<td>NS</td>
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<td>0.316</td>
<td>0.303–0.328</td>
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<td>Tomato ketchup</td>
<td>Heinz</td>
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<td>Hunt’s</td>
<td>NS</td>
<td>2</td>
<td>0.980</td>
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<td>0.25 cup</td>
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<td>Store brand</td>
<td>NS</td>
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<td>0.883</td>
<td>0.865–0.901</td>
<td>60.5</td>
<td>0.25 cup</td>
<td>0.534</td>
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<td>Tomato paste, canned</td>
<td>Contadina</td>
<td>NS</td>
<td>2</td>
<td>1.028</td>
<td>0.919–1.136</td>
<td>60.5</td>
<td>0.25 cup</td>
<td>0.622</td>
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<td>Tomato purée, canned</td>
<td>Tuttorosso</td>
<td>NS</td>
<td>1</td>
<td>0.429</td>
<td>-</td>
<td>62.6</td>
<td>0.25 cup</td>
<td>0.269</td>
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<td>Progresso</td>
<td>NS</td>
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<td>0.489</td>
<td>-</td>
<td>62.6</td>
<td>0.25 cup</td>
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<th>Type</th>
<th>n</th>
<th>Antioxidant content mmol/100 g</th>
<th>SD or range</th>
<th>Servings size</th>
<th>Serving description</th>
<th>Antioxidant content mmol/serving</th>
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<td>Tomato purée, canned</td>
<td>Contadina</td>
<td>NS</td>
<td>2</td>
<td>0.400</td>
<td>0.385–0.414</td>
<td>62.6</td>
<td>0.25 cup</td>
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<td>Tomato purée, canned</td>
<td>Redpack</td>
<td>NS</td>
<td>1</td>
<td>0.422</td>
<td>-</td>
<td>62.6</td>
<td>0.25 cup</td>
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<td>Tomato purée, canned</td>
<td>Pope</td>
<td>NS</td>
<td>1</td>
<td>0.415</td>
<td>-</td>
<td>62.6</td>
<td>0.25 cup</td>
<td>0.260</td>
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<td>Tomato sauce, canned</td>
<td>Store brand</td>
<td>NS</td>
<td>4</td>
<td>0.292</td>
<td>0.021</td>
<td>61.25</td>
<td>0.25 cup</td>
<td>0.179</td>
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<td>Tomato sauce, canned</td>
<td>Hunt’s</td>
<td>NS</td>
<td>2</td>
<td>0.341</td>
<td>0.304–0.378</td>
<td>61.25</td>
<td>0.25 cup</td>
<td>0.209</td>
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<td>Pepper, black, ground</td>
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<td>Pepper, black, whole peppercorns</td>
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<tr>
<td>Chocolate and sweets</td>
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<td></td>
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</tr>
<tr>
<td>Candy bar</td>
<td>Snickers</td>
<td>NS</td>
<td>1</td>
<td>0.729</td>
<td>-</td>
<td>57</td>
<td>1 bar (2 oz)</td>
<td>0.415</td>
</tr>
<tr>
<td>Candy bar</td>
<td>Tootsie Rolls</td>
<td>NS</td>
<td>1</td>
<td>1.401</td>
<td>-</td>
<td>52.8</td>
<td>8 pieces</td>
<td>0.740</td>
</tr>
<tr>
<td>Candy bar</td>
<td>Kit Kat</td>
<td>NS</td>
<td>1</td>
<td>0.717</td>
<td>-</td>
<td>46</td>
<td>1 bar (1.625 oz)</td>
<td>0.330</td>
</tr>
<tr>
<td>Chocolate, baking, unsweetened</td>
<td>Bakers</td>
<td>NS</td>
<td>2</td>
<td>7.278</td>
<td>7.013–7.542</td>
<td>28.35</td>
<td>1 oz</td>
<td>2.063</td>
</tr>
<tr>
<td>Chocolate, baking, unsweetened</td>
<td>Hershey’s</td>
<td>NS</td>
<td>1</td>
<td>10.474</td>
<td>-</td>
<td>28.35</td>
<td>1 oz</td>
<td>2.969</td>
</tr>
<tr>
<td>Chocolates, dark, sugar-free</td>
<td>Hershey’s</td>
<td>NS</td>
<td>1</td>
<td>4.188</td>
<td>-</td>
<td>40</td>
<td>5 pieces</td>
<td>1.675</td>
</tr>
<tr>
<td>Chocolates, peanut butter cups miniatures, sugar-free</td>
<td>Reese’s</td>
<td>NS</td>
<td>1</td>
<td>1.077</td>
<td>-</td>
<td>40</td>
<td>5 pieces</td>
<td>0.431</td>
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<td>Chocolates, sugar-free</td>
<td>Hershey’s</td>
<td>NS</td>
<td>1</td>
<td>2.567</td>
<td>-</td>
<td>39</td>
<td>5 pieces</td>
<td>1.001</td>
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<tr>
<td>Coconut, sweetened, flaked</td>
<td>Bakers Angel</td>
<td>NS</td>
<td>1</td>
<td>0.095</td>
<td>-</td>
<td>12</td>
<td>2 tbsp</td>
<td>0.011</td>
</tr>
<tr>
<td>Coconut, sweetened, flaked</td>
<td>Other brand</td>
<td>NS</td>
<td>1</td>
<td>0.092</td>
<td>-</td>
<td>12</td>
<td>2 tbsp</td>
<td>0.011</td>
</tr>
<tr>
<td>Coconut, sweetened, flaked</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.093</td>
<td>-</td>
<td>12</td>
<td>2 tbsp</td>
<td>0.011</td>
</tr>
<tr>
<td>Granola bars, 100% natural crunchy oats and honey</td>
<td>Nature Valley</td>
<td>NS</td>
<td>1</td>
<td>0.826</td>
<td>-</td>
<td>22</td>
<td>1 bar</td>
<td>0.182</td>
</tr>
<tr>
<td>Granola bars, chewy, chocolate chip</td>
<td>Quaker</td>
<td>NS</td>
<td>1</td>
<td>0.365</td>
<td>-</td>
<td>32</td>
<td>1 bar</td>
<td>0.117</td>
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<tr>
<td>Granola bars, chewy, chocolate chip</td>
<td>Sunbelt</td>
<td>NS</td>
<td>1</td>
<td>0.755</td>
<td>-</td>
<td>37</td>
<td>1 bar</td>
<td>0.279</td>
</tr>
<tr>
<td>Granola bars, chewy, chocolate chip</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.604</td>
<td>-</td>
<td>30</td>
<td>1 bar</td>
<td>0.181</td>
</tr>
<tr>
<td>Granola bars, chewy, oats and honey</td>
<td>Sunbelt</td>
<td>NS</td>
<td>1</td>
<td>0.395</td>
<td>-</td>
<td>34</td>
<td>1 bar</td>
<td>0.134</td>
</tr>
<tr>
<td>Granola bars, store brand, crunchy</td>
<td>Store brand</td>
<td>NS</td>
<td>1</td>
<td>0.776</td>
<td>-</td>
<td>21</td>
<td>1 bar</td>
<td>0.163</td>
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<tr>
<td>Milk chocolate candy</td>
<td>Hershey’s Kisses</td>
<td>NS</td>
<td>4</td>
<td>1.498</td>
<td>0.072</td>
<td>28.35</td>
<td>1 oz</td>
<td>0.425</td>
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<tr>
<td>Milk chocolate candy</td>
<td>Brachs Stars</td>
<td>NS</td>
<td>1</td>
<td>1.250</td>
<td>-</td>
<td>28.35</td>
<td>1 oz</td>
<td>0.354</td>
</tr>
<tr>
<td>Milk chocolate candy bar</td>
<td>Hershey’s</td>
<td>NS</td>
<td>3</td>
<td>1.547</td>
<td>0.227</td>
<td>28.35</td>
<td>1 oz</td>
<td>0.438</td>
</tr>
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<td>Milk chocolate candy bar</td>
<td>Cadbury</td>
<td>NS</td>
<td>1</td>
<td>1.955</td>
<td>-</td>
<td>28.35</td>
<td>1 oz</td>
<td>0.554</td>
</tr>
<tr>
<td>Product</td>
<td>Brand</td>
<td>Type</td>
<td>n</td>
<td>Antioxidant content</td>
<td>SD or range</td>
<td>Servings size</td>
<td>Serving description</td>
<td>Antioxidant content</td>
</tr>
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<td>---------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Milk chocolate peanut butter cups, 10 pack</td>
<td>Reese’s</td>
<td>NS</td>
<td>1</td>
<td>0.959</td>
<td>-</td>
<td>36</td>
<td>2 pieces</td>
<td>0.345</td>
</tr>
<tr>
<td>Milk chocolate peanut butter cups, miniatures</td>
<td>Reese’s</td>
<td>NS</td>
<td>1</td>
<td>1.069</td>
<td>-</td>
<td>38</td>
<td>5 pieces</td>
<td>0.406</td>
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<tr>
<td>Power bar, chocolate flavor</td>
<td>Power Bar</td>
<td>NS</td>
<td>1</td>
<td>2.757</td>
<td>-</td>
<td>68</td>
<td>1 bar</td>
<td>1.875</td>
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<td>Vegetables and vegetable products</td>
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<tr>
<td>Artichoke hearts, brine pack</td>
<td>Delallo</td>
<td>L</td>
<td>1</td>
<td>3.357</td>
<td>-</td>
<td>84</td>
<td></td>
<td>2.820</td>
</tr>
<tr>
<td>Artichoke hearts, water pack</td>
<td>Progresso</td>
<td>L</td>
<td>1</td>
<td>4.325</td>
<td>-</td>
<td>84</td>
<td></td>
<td>3.633</td>
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<tr>
<td>Artichokes, boiled</td>
<td>Ocean Mist</td>
<td>S</td>
<td>1</td>
<td>4.537</td>
<td>-</td>
<td>84</td>
<td>1 cup hearts</td>
<td>3.811</td>
</tr>
<tr>
<td>Artichokes, boiled</td>
<td>Other brand</td>
<td>L</td>
<td>1</td>
<td>3.891</td>
<td>-</td>
<td>84</td>
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<td>3.268</td>
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<td>Artichokes, microwaved</td>
<td>Ocean Mist</td>
<td>S</td>
<td>1</td>
<td>4.694</td>
<td>-</td>
<td>84</td>
<td>1 cup hearts</td>
<td>3.943</td>
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<tr>
<td>Asparagus</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Asparagus, boiled</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>0.363</td>
<td>0.069</td>
<td>67</td>
<td>0.5 cup</td>
<td>0.243</td>
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<tr>
<td>Asparagus, cooked</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>0.753</td>
<td>0.087</td>
<td>90</td>
<td>0.5 cup</td>
<td>0.678</td>
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<td>Avocados</td>
<td>NS</td>
<td>8</td>
<td></td>
<td>0.413</td>
<td>0.059</td>
<td>173</td>
<td>1 fruit</td>
<td>0.714</td>
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<tr>
<td>Baby carrots</td>
<td>NS</td>
<td>8</td>
<td></td>
<td>0.038</td>
<td>0.005</td>
<td>80</td>
<td>8 medium</td>
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<tr>
<td>Broccoli</td>
<td>NS</td>
<td>8</td>
<td></td>
<td>0.248</td>
<td>0.111</td>
<td>44</td>
<td>0.5 cup chpped</td>
<td>0.109</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>1.000</td>
<td>0.101</td>
<td>78</td>
<td>0.5 cup chpped</td>
<td>0.780</td>
</tr>
<tr>
<td>Cabbage</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>0.100</td>
<td>0.031</td>
<td>35</td>
<td>0.5 cup</td>
<td>0.035</td>
</tr>
<tr>
<td>Cabbage, cooked</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>0.448</td>
<td>0.064</td>
<td>75</td>
<td>0.5 cup</td>
<td>0.336</td>
</tr>
<tr>
<td>Cabbage, red</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>0.798</td>
<td>0.055</td>
<td>35</td>
<td>0.5 cup</td>
<td>0.279</td>
</tr>
<tr>
<td>Cabbage, red, cooked</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>2.153</td>
<td>0.288</td>
<td>75</td>
<td>0.5 cup</td>
<td>1.614</td>
</tr>
<tr>
<td>Canned whole tomatoes in tomato juice</td>
<td>Store brand</td>
<td>NS</td>
<td>3</td>
<td>0.241</td>
<td>0.011</td>
<td>120</td>
<td>0.5 cup</td>
<td>0.290</td>
</tr>
<tr>
<td>Canned whole tomatoes in tomato juice</td>
<td>Hunt’s</td>
<td>NS</td>
<td>2</td>
<td>0.263</td>
<td>0.254–0.272</td>
<td>120</td>
<td>0.5 cup</td>
<td>0.316</td>
</tr>
<tr>
<td>Canned whole tomatoes in tomato juice</td>
<td>Red Gold</td>
<td>NS</td>
<td>1</td>
<td>0.232</td>
<td>-</td>
<td>120</td>
<td>0.5 cup</td>
<td>0.279</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>NS</td>
<td>8</td>
<td></td>
<td>0.250</td>
<td>0.047</td>
<td>160</td>
<td>1 cup cubed</td>
<td>0.399</td>
</tr>
<tr>
<td>Carrots</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>0.034</td>
<td>0.014</td>
<td>61</td>
<td>0.5 cup chpped</td>
<td>0.021</td>
</tr>
<tr>
<td>Carrots, cooked</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>0.099</td>
<td>0.037</td>
<td>78</td>
<td>0.5 cup chpped</td>
<td>0.077</td>
</tr>
<tr>
<td>Carrots, cut, frozen</td>
<td>Store brand</td>
<td>NS</td>
<td>5</td>
<td>0.056</td>
<td>0.007</td>
<td>64</td>
<td>0.5 cup</td>
<td>0.036</td>
</tr>
<tr>
<td>Carrots, cut, frozen, boiled</td>
<td>Birds Eye</td>
<td>NS</td>
<td>1</td>
<td>0.051</td>
<td>-</td>
<td>64</td>
<td>0.5 cup</td>
<td>0.032</td>
</tr>
<tr>
<td>Carrots, cut, frozen, microwaved</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.074</td>
<td>0.069–0.079</td>
<td>78</td>
<td>0.5 cup</td>
<td>0.058</td>
</tr>
<tr>
<td>Carrots, cut, frozen, microwaved</td>
<td>Store brand</td>
<td>NS</td>
<td>3</td>
<td>0.080</td>
<td>0.007</td>
<td>78</td>
<td>0.5 cup</td>
<td>0.062</td>
</tr>
<tr>
<td>Carrots, frozen</td>
<td>Store brand</td>
<td>NS</td>
<td>5</td>
<td>0.072</td>
<td>0.016</td>
<td>64</td>
<td>0.5 cup</td>
<td>0.046</td>
</tr>
<tr>
<td>Carrots, frozen</td>
<td>Birds Eye</td>
<td>NS</td>
<td>1</td>
<td>0.069</td>
<td>-</td>
<td>64</td>
<td>0.5 cup</td>
<td>0.044</td>
</tr>
<tr>
<td>Carrots, frozen, boiled</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.069</td>
<td>0.060–0.077</td>
<td>78</td>
<td>0.5 cup</td>
<td>0.053</td>
</tr>
<tr>
<td>Carrots, frozen, boiled</td>
<td>Birds Eye</td>
<td>NS</td>
<td>1</td>
<td>0.081</td>
<td>-</td>
<td>78</td>
<td>0.5 cup</td>
<td>0.063</td>
</tr>
<tr>
<td>Carrots, frozen, microwaved</td>
<td>Store brand</td>
<td>NS</td>
<td>2</td>
<td>0.081</td>
<td>0.069–0.092</td>
<td>78</td>
<td>0.5 cup</td>
<td>0.063</td>
</tr>
<tr>
<td>Carrots, frozen, microwaved</td>
<td>Birds Eye</td>
<td>NS</td>
<td>1</td>
<td>0.095</td>
<td>-</td>
<td>78</td>
<td>0.5 cup</td>
<td>0.074</td>
</tr>
<tr>
<td>Celery</td>
<td>NS</td>
<td>8</td>
<td></td>
<td>0.062</td>
<td>0.013</td>
<td>60</td>
<td>0.5 cup diced</td>
<td>0.037</td>
</tr>
<tr>
<td>Cucumber, with peel</td>
<td>NS</td>
<td>4</td>
<td></td>
<td>0.037</td>
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<td>NS</td>
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<td>-</td>
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<td>NS</td>
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<td>0.267</td>
<td>-</td>
<td>50</td>
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</tr>
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<td>Store brand or other brand</td>
<td>NS</td>
<td>1</td>
<td>0.266</td>
<td>-</td>
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<td>SD or range</td>
<td>Servings size</td>
<td>Serving description</td>
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<td>-</td>
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<td>-</td>
<td>65</td>
<td>10 strips</td>
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<td>NS 1</td>
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<td>-</td>
<td>50</td>
<td>10 strips</td>
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<td>NS 1</td>
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<td>-</td>
<td>50</td>
<td>10 strips</td>
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<td>Ore Ida</td>
<td>NS 1</td>
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<td>-</td>
<td>50</td>
<td>0.063</td>
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<td>-</td>
<td>65</td>
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<td>NS 1</td>
<td>0.224</td>
<td>-</td>
<td>50</td>
<td>0.112</td>
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<tr>
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<td>0.208</td>
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<td>47</td>
<td>1 cup shredded</td>
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<td>NS 7</td>
<td>0.138</td>
<td>0.091</td>
<td>55</td>
<td>1 cup shredded</td>
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<td>NS 8</td>
<td>0.244</td>
<td>0.043</td>
<td>36</td>
<td>1 cup shredded</td>
<td>0.088</td>
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<td>0.414</td>
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<td>0.066</td>
<td>28</td>
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<td>Mushrooms, crimini</td>
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<td>NS 2</td>
<td>0.250</td>
<td>0.216–0.283</td>
<td>43</td>
<td>0.5 cup, whole</td>
<td>0.107</td>
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</tr>
<tr>
<td>Mushrooms, enoki</td>
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<td>NS 2</td>
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<td>0.233–0.277</td>
<td>21</td>
<td>0.5 cup, whole</td>
<td>0.054</td>
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<tr>
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<td></td>
<td>S 1</td>
<td>0.333</td>
<td>-</td>
<td>21</td>
<td>0.5 cup, whole</td>
<td>0.070</td>
<td></td>
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<td>S 1</td>
<td>0.313</td>
<td>-</td>
<td>21</td>
<td>0.5 cup, whole</td>
<td>0.066</td>
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<td></td>
<td>S 1</td>
<td>0.226</td>
<td>-</td>
<td>35</td>
<td>0.5 cup, diced</td>
<td>0.079</td>
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</tr>
<tr>
<td>Mushrooms, maitake Phillips</td>
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<td>S 1</td>
<td>0.109</td>
<td>-</td>
<td>35</td>
<td>0.5 cup, diced</td>
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<td>Mushrooms, oyster</td>
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<td>NS 3</td>
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<td>0.035</td>
<td>41</td>
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<td>0.025</td>
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<td>NS 2</td>
<td>0.225</td>
<td>0.201–0.248</td>
<td>43</td>
<td>0.5 cup, diced</td>
<td>0.097</td>
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<td>Mushrooms, portabella, grilled</td>
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<td>NS 4</td>
<td>0.337</td>
<td>0.084</td>
<td>60</td>
<td>0.5 cup, whole</td>
<td>0.202</td>
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<td>Mushrooms, shiitake, stir-fried</td>
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<td>0.098</td>
<td>48</td>
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<td>0.157</td>
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<td>Mushrooms, white</td>
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<td>NS 4</td>
<td>0.385</td>
<td>0.029</td>
<td>38</td>
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<td>0.146</td>
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<td>Mushrooms, white, microwave cooked</td>
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<td>NS 4</td>
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<td>31</td>
<td>0.5 cup, whole</td>
<td>0.134</td>
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(Continued)
TABLE 6 (Continued)

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<th>Product</th>
<th>Brand(^1)</th>
<th>Type(^2)</th>
<th>n</th>
<th>Antioxidant content</th>
<th>SD or range</th>
<th>Servings size(^3)</th>
<th>Serving description(^4)</th>
<th>Antioxidant content mmol/serving</th>
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<tr>
<td>Mushrooms, white, stir-fried</td>
<td>NS</td>
<td>4</td>
<td>0.234</td>
<td>0.021</td>
<td>54</td>
<td>0.5 cup, sliced</td>
<td></td>
<td>0.126</td>
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<td>Onions, yellow</td>
<td>NS</td>
<td>4</td>
<td>0.236</td>
<td>0.025</td>
<td>80</td>
<td>0.5 cup chopped</td>
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<td>0.5 cup</td>
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<td>Peppers, green</td>
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<td>0.262</td>
<td>0.071</td>
<td>74.5</td>
<td>0.5 cup chopped</td>
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<td>0.195</td>
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<td>Peppers, red</td>
<td>NS</td>
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<td>0.910</td>
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<td>74.5</td>
<td>0.5 cup chopped</td>
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<td>50</td>
<td>0.5 cup</td>
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<td>0.820</td>
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<td>0.168</td>
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<td>116</td>
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<td>0.5 cup</td>
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<td>1.123</td>
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<tr>
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<td>1.096</td>
<td>1.086-1.106</td>
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<td>1.118</td>
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<td>-</td>
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<td>Store brand</td>
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<td>0.052</td>
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<td>0.075</td>
<td>123</td>
<td>1 medium</td>
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<td>0.273</td>
</tr>
</tbody>
</table>

1 NLEA, Nutrition Labeling and Education Act; SR17, Standard Release 17.
2 All fruit, vegetables, and processed products were not cooked, unless otherwise noted; distilled deionized water was used to prepare products that required water, unless otherwise specified.
3 Inclusion of brand names and product trademarks does not imply endorsement by the authors, and these products are reported as descriptive information for research applications.
4 S, samples received directly from supplier; L, samples purchased at a single outlet; NS, nationally sampled.
5 Determined from the USDA National Nutrient Database for Standard Reference (36), the US Food and Drug Association NLEA guidelines (37), or actual measurement of average portion weights taken during sample preparation. All serving sizes for fast foods were based on measurements of the samples. 1 tsp = 5 mL. 1 tbsp = 15 mL or 20 g. 1 cup = 240 mL. 1 lb = 0.45 kg, 1 in = 25.4 mm.

serving size. Most of the samples (609 food products) contained between 0.1 and 1.0 mmol/serving. Many samples contained <0.1 mmol/serving (424 food products).

**Correlation between different methods for measuring antioxidants**

Wu et al (34) previously reported antioxidant values for 172 foods (primarily fruit, vegetables, nuts, and spices) from the NFNAP, of which 93 overlapped with the samples analyzed in this study. They used both a lipophilic oxygen radical absorbance capacity (L-ORAC) assay and a hydrophilic ORAC (H-ORAC) assay. The antioxidant content was calculated as the sum of the values obtained with the L-ORAC and H-ORAC assays. Wu et al measured the total phenolic contents of the products by the Folin-Ciocalteu reagent. Pearson’s correlation coefficients between the antioxidant values reported in the present study and the total
antioxidant capacity (ie, sum of L-ORAC and H-ORAC assays), L-ORAC, H-ORAC, and total phenolics values of the 93 similar items as determined by Wu et al (34) were 0.788 \( (y = 0.0221x - 1.7626; R^2 = 0.6225) \), 0.823 \( (y = 0.0550x - 1.5841; R^2 = 0.6758) \), 0.579 \( (y = 0.0221x - 0.5704; R^2 = 0.3337) \), and 0.496 \( (y = 0.2735x - 1.4542; R^2 = 0.2435) \), respectively.

DISCUSSION

The present results of the analysis of 1120 food samples that were obtained from the USDA National Food and Nutrient Analysis Program represent by far the largest published systematic screening of antioxidants in dietary items, including a wide range of both processed foods and fresh fruit and vegetables. Our results are in generally good agreement with those from earlier smaller-scale analyses that used various methods for estimating the total antioxidant contents of foods (28, 29, 34–42). Collectively these data suggest that certain spices, berries, fruits, nuts, chocolate-containing products, vegetables, and cereals are good sources of dietary antioxidants. Additionally, the drinks coffee, green and black tea, red wine, and various berry and fruit juices are good sources of antioxidants.

It should be kept in mind that such antioxidant analyses estimate the content of many hundreds, probably thousands of different compounds belonging to several molecular families. These antioxidants may have very different absorption properties in humans and their transport to, and within, tissues is likely to vary. The antioxidant food table can therefore not be used for dietary recommendations at the present stage. It is necessary to test whether foods rich in antioxidants have the ability to reduce oxidative stress and to reduce the risk of diseases related to oxidative stress.

It is well known that different extraction methods and types of oxidants can produce different estimates of antioxidant content. Although we specifically selected work-up and analysis procedures aimed at including as many antioxidant species as possible in our antioxidant estimate, there may be specific antioxidants that were not detected in the analysis because of limited extractability from the food matrix or low reactivity against the oxidant (eg, reduction potential below that of the assay or slow reaction kinetics).

Plants produce a large diversity of >100 000 low-molecular-weight compounds known as secondary metabolites (43). Secondary metabolites are distinct from the components of intermediary (primary) metabolism in that they are nonessential for the basic metabolic processes of the plant. Most of these secondary metabolites are redox-active compounds (43, 44) that will be picked up by the FRAP assay used in the present study. This diversity of secondary metabolites results from an evolutionary process driven by selection for improved defense against microbial attack, insect or animal predation, ultraviolet light or drought related stress, or other stress factors (44). The phytoanticipins are compounds that are synthesized at a constant rate, whereas phytoalexins are compounds that are more actively synthesized during various types of stress (43, 44). Our food table, therefore, not only represents the amounts of antioxidants in foods, it also identifies those plant foods containing the highest concentrations of secondary plant metabolites. Some of the ambiguity in the interpretation of our table of antioxidant-rich foods relates to other potential stress-reducing effects of phytoalexins and phytoanticipins beyond those directly related to their ability to participate in redox reactions. Thus, in future studies, if any of the plant-based foods that are ranked highest in our food table are proven to be beneficial and reduce stress related–diseases in humans, care should be taken to distinguish such beneficial actions due to their role as redox-active antioxidants from their activity as modulators of specific molecular events in human cells, such as regulation of protein kinases, acetylases, deacetylases, and transcription factors.

Some initial experimental dietary studies support the beneficial effect of dietary plants rich in antioxidants. Pomegranate is a fruit that is extremely rich in antioxidants (28). Aviram et al (45, 46) showed that pomegranate juice administered orally to apolipoprotein E–deficient atherosclerotic mice decreases macrophage lipid peroxidation, LDL susceptibility to oxidation, aggregation and retention, cellular cholesterol accumulation, and development of atherosclerosis. In small-scale human studies they observed that pomegranate juice increased the activity of serum paraoxonase (an HDL-associated esterase that can protect against lipoperoxidation), inhibited serum angiotensin-converting enzyme activity, and reduced systolic blood pressure in hypertensive patients (45, 47). Finally, pomegranate juice consumption for 3 y by patients with carotid artery stenosis reduced common carotid intima-media thickness, blood pressure, and LDL oxidation (48).

Waldnuts contain even more antioxidants than do pomegranates (Table 6). The high antioxidant content of walnuts may be related to the observation that walnuts are unique compared with most other nuts, which contain monounsaturated fatty acids, because walnuts are rich in n-6 (linoleate) and n-3 (linolenate) polyunsaturated fatty acids. Five short-term walnut-intervention trials in subjects at risk of coronary heart disease consistently show that walnuts, as part of a heart-healthy diet, lower blood cholesterol concentrations (reviewed in references 49 and 50). These results are supported by several large prospective observational studies in humans, all of which showed a dose–response–related inverse association of the relative risk of coronary heart disease with frequent daily consumption of small amounts of nuts, including walnuts (51). In addition, Ros et al (52) recently showed that a nut diet improves endothelial function in hypercholesterolemic subjects. In March 2004, the FDA accepted the following qualified health claim about walnuts: "Supportive but not conclusive research shows that eating 1.5 ounces per day of walnuts, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease." (53). We suggest that a high antioxidant concentration as well as a favorable polyunsaturated fatty acid pattern may contribute to the beneficial health effects of walnuts.

Serafini et al (54) calculated the total dietary antioxidant intake based on ORAC analysis of 11 antioxidant-rich fruit and vegetables in a population-based case-control study, from which data were collected from 505 newly diagnosed gastric adenocarcinoma patients and 1116 control subjects. They observed that intake of antioxidant equivalents was inversely associated with the risk of both gastric cancers of the cardia and of the distal regions (odds ratio: 0.65; 95% CI: 0.48, 0.89 for the highest quartile of antioxidant intake). Never-smokers with the highest antioxidant intake had the lowest risk of cancer (odds ratio: 0.44,


28. Halvorsen BL, Holte K, Myhrstad MC, et al A systematic screening of dietary plants rich in antioxidants. The overall evidence, however, is limited and much more research is needed. Our extensive total antioxidant food table should be useful for further testing of the antioxidant hypothesis.

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REFERENCES


