



# PEIRSON CENTER FOR CHILDREN

## Foods high in phenols



### Fruits

- Apples
- All berries (blueberries, black berries, strawberries, etc.)
- Cherries
- Oranges (tangelos, tangerines, blood oranges, etc.)
- Mangoes
- Peaches
- Pomegranates
- Grapes (dark purple and red skinned) and raisins
- Plums and prunes
- Dates



### Vegetables

- Broccoli
- Artichokes
- Eggplant
- Celery
- Cauliflower
- Spinach
- Zucchini
- Cucumbers

### Nut & Legumes

- Almonds
- Cashews
- Hazelnuts
- Pecans
- Pistachios
- Chickpeas
- Beans (black, red kidney, pinot, black-eyed peas)
- Lentils
- Flax seeds
- Pumpkin seeds



### Chocolate

- Cocoa
- Dark chocolate