

High Antioxidant Levels in Whole Grains

Total antioxidant activity in corn, wheat, oats and rice, as compared to common fruits and vegetables.

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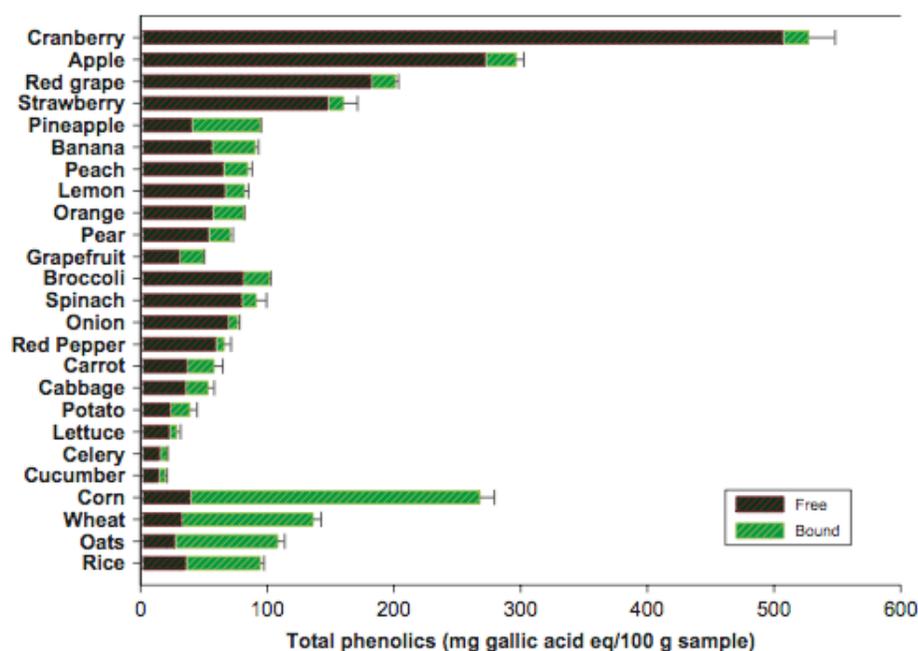


Fig. 7. Total phenolic content of common fruits, vegetables and whole grains (adapted from Adom and Liu, 2002; Chu et al., 2002; Sun et al., 2002).

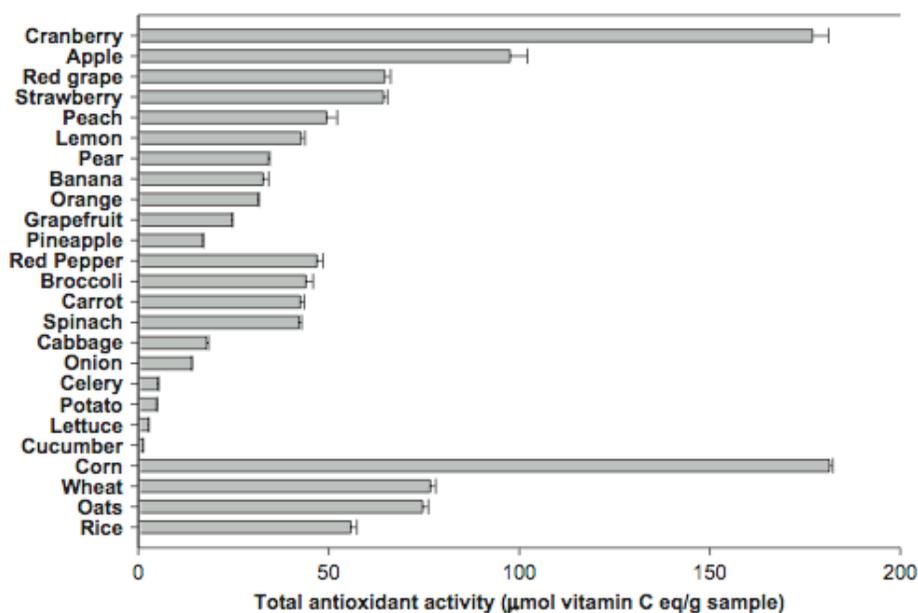


Fig. 8. Total antioxidant activity of common fruits, vegetables and whole grains (adapted from Adom and Liu, 2002; Chu et al., 2002; Sun et al., 2002).