High Antioxidant Levels in Whole Grains

Total antioxidant activity in corn, wheat, oats and rice, as compared to common fruits and vegetables. Excerpted with permission of the author, Rui Hai Liu, PhD, MD, from Journal of Cereal Science 46 (2007) 207-219.

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).