

Top polyphenol-rich foods

The health of your gut microbiome is fundamental to your overall health and wellbeing. Including foods that contain polyphenols in your diet can support the health of your gut microbiome by nourishing beneficial bacteria. Here are the richest dietary sources of polyphenols, with servings providing at least 1mg polyphenols. The polyphenol and antioxidant contents of 88 different foods are listed in mg per serving.

Food	Food group	Serving size ^a (g)	Polyphenols ^b		Antioxidants ^c	
			Content (mg)	Rank	Content (mg)	Rank
Black elderberry	Fruits	145 ^d	1956	1	2808	1
Black chokeberry	Fruits	145 ^d	1595	2	2523	2
Blackcurrant	Fruits	145 ^d	1092	3	1182	5
Highbush blueberry	Fruits	145 ^d	806	4	321	14
Globe artichoke	Vegetables	168	436	5	1918	3
Coffee, filter	Non-alcoholic beverages	190	408	6	507	11
Lowbush blueberry	Fruits	145 ^d	395	7	678	8
Sweet cherry	Fruits	145 ^d	394	8	249	20
Strawberry	Fruits	166 ^d	390	9	480	12
Blackberry	Fruits	144 ^d	374	10	821	6
Plum	Fruits	85	320	11	349	13
Red raspberry	Fruits	144	310	12	213	22
Flaxseed meal	Seeds	20 ^e	306 ^f	13	—	—
Dark chocolate	Cocoa products	17	283	14	316	15
Chestnut	Seeds	19	230	15	524	10
Black tea	Non-alcoholic beverages	195	197	16	204	23
Green tea	Non-alcoholic beverages	195	173	17	121	31
Pure apple juice	Non-alcoholic beverages	248	168	18	84	38
Apple	Fruits	110	149	19	221	21
Whole grain rye bread	Cereals	120	146 ^f	20	—	—
Hazelnut	Seeds	28 ^e	138	21	192	24
Red wine	Alcoholic beverages	125	126	22	269	19
Soy yogurt	Seeds	125	105	23	—	—
Cocoa powder	Cocoa products	3	103	24	33	46
Pure pomegranate juice	Non-alcoholic beverages	150	99	25	306	16
Soy flour	Seeds	20 ^e	93	26	—	—
Black grape	Fruits	54	91	27	92	36
Black olive	Vegetables	15	85	28	17	56
Pure grapefruit juice	Non-alcoholic beverages	150	79	29	82	39
Pure blood orange juice	Non-alcoholic beverages	154	71	30	111	33
Milk chocolate	Cocoa products	32	75	31	273	17
Spinach	Vegetables	59	70	32	170	26
Pecan nut	Seeds	15	69	33	272	18
Prune	Fruits	32	62	34	—	—
Redcurrant	Fruits	144	62	35	646	9
Soy, tempeh	Seeds	40	59	36	—	—

Peach	Fruits	99 ^e	59	37	105	34
Soy tofu	Seeds	130	54	38	—	—
Green olive	Vegetables	15	52	39	24	51
Black bean	Seeds	35	52	40	1216	4
Red onion	Vegetables	30	50	41	31	47
Green grape	Fruits	54	48	42	66	41
White bean	Seeds	35	44	43	121	32
Chocolate beverage with milk	Non-alcoholic beverages	187	39	44	—	—
Roasted soybean	Seeds	15	37	45	—	—
Potato	Vegetables	128	36	46	69	40
Shallot	Vegetables	32	36	47	—	—
Soy milk	Non-alcoholic beverages	187	34	48	—	—
Red chicory	Vegetables	14	33	49	18	54
Broccoli	Vegetables	72	33	50	142	30
Soy meat	Seeds	40 ^e	29	51	—	—
Whole grain rye flour	Cereals	20	29 ^f	52	14	59
Pure pummel juice	Non-alcoholic beverages	154	27	53	—	—
Nectarine	Fruits	99	25	54	44	44
Green chicory	Vegetables	14	23	55	—	—
Pear	Fruits	138	23	56	149	29
Beer	Alcoholic beverages	574	22	57	160	27
Yellow onion	Vegetables	30	22	58	23	52
Apricot	Fruits	65	22	59	86	37
Asparagus	Vegetables	75	22	60	56	42
Quince	Fruits	100	19	61	—	—
Almond	Seeds	10	19	62	6.2	64
Whole grain wheat flour	Cereals	20	14 ^f	63	18	55
White wine	Alcoholic beverages	125	13	64	40	45
Rosé wine	Alcoholic beverages	125	12	65	10	62
Dark beer	Alcoholic beverages	574	10	66	102	35
Extra virgin olive oil	Oils	16	10	67	8.8	63
Soybean sprout	Seeds	60	9.3	68	—	—
Carrot	Vegetables	54	7.6	69	31	48
Bilberry	Fruits	145 ^d	7.4	70	756	7
Pure lemon juice	Non-alcoholic beverages	15	6.3	71	—	—
Red lettuce	Vegetables	24	5.4	72	27	50
Soy cheese	Seeds	40 ^e	4.9	73	—	—
Green bean	Vegetables	60	4.8	74	185	25
Curly endive	Vegetables	14	3.4	75	—	—
Cauliflower	Vegetables	38	2.7	76	31	49
Peanuts, roasted dehulled	Seeds	40	2.6	77	17	57
Rapeseed oil	Oils	16	2.5	78	—	—
Pumpkin	Vegetables	60	2.5	79	52	—
Pasta	Cereals	60	2.5	80	—	—
Banana	Fruits	97	2.5	81	150	28
Endive (escarole/chicory)	Vegetables	14	2.5	82	—	—
Tomato	Vegetables	50	2.1	83	22	53
Green lettuce	Vegetables	24	1.9	84	16	58

White onion	Vegetables	30	1.6	85	13	61
Refined oat flour	Cereals	20	1.6 ^f	86	—	—
Refined wheat flour	Cereals	20	1.2 ^f	87	14	60
Pomegranate	Fruits	100	1.1	88	—	—

Total polyphenol content includes polyphenol glycosides, esters and aglycones. Please note: elderberries require cooking to degrade toxins, and should not be eaten raw.

a: From the Food Standards Agency, UK (Food Standards Agency, 2002), except for values marked with a superscript.

b: Sum of individual polyphenols determined by reverse-phase high-performance liquid chromatography (HPLC) and proanthocyanidins oligomers determined by direct-phase HPLC.

c: Determined by the Folin assay.

d: From Wu et al (2004) Agric Food Chem 52, 4026–4037.

e: From Cassidy et al (2000) J Sci Food Agr 80, 1044–1062.

f: Polyphenol content determined by chromatography after hydrolysis of the glycosides and esters.

The richest sources of polyphenols *by weight* tend to be spices, herbs and dark-coloured berries. While the serving sizes are usually much smaller (no one eats 100g of cloves!), here are the top 20 foods with the highest polyphenol content per 100g:

Rank	Food	Polyphenol content (mg)
1	Cloves	15188
2	Peppermint, dried	11960
3	Star anise	5460
4	Cocoa powder	3448
5	Mexican oregano, dried	2319
6	Celery seed	2094
7	Black chokeberry	1756
8	Dark chocolate	1664
9	Flaxseed meal	1528
10	Black elderberry	1359
11	Chestnut	1215
12	Common sage, dried	1207
13	Rosemary, dried	1018
14	Spearmint, dried	956
15	Common thyme, dried	878
16	Lowbush blueberry	836
17	Blackcurrant	758
18	Capers	654
19	Black olive	569
20	Highbush blueberry	560

SOURCE:

Perez-Jimenez J, Neveu V, Vos Fm Scalbert A. Identification of the 100 richest dietary sources of polyphenols: an application of the Phenol-Explorer database. European Journal of Clinical Nutrition 2010; 64(S3):S112-S120

About Viola Sampson

I am a craniosacral therapist and microbiome analyst practising in London, UK, and online. I am committed to a diverse practice, with a special interest in digestive health, trauma recovery and chronic fatigue conditions. Microbiome Analysis empowers you with information to support dietary and lifestyle changes to promote your overall health and wellbeing. I use a detailed profile of the bacteria in your gut to give you healthy eating advice to encourage microbiome health.

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