



FOODS HIGH IN

ANTIOXIDANTS

Antioxidants are substances found in food and manufactured within the body that protect the body from the unwanted toxic effects of excess oxidative stress. Elevated HPL, the cause of Pyroluria, is also a marker of oxidative stress.

While supplementation of Antioxidants for pyroluria sufferers is essential, it should not be the only source of antioxidants. The Foods listed below not only contain good amounts of antioxidants, but are rich in other essential disease fighting nutrients. Pyroluria sufferers should try to include a variety of these foods in their daily eating regime.

The list below is not a complete list as all natural foods; fruits, vegetables, nuts, seeds, legumes, pulses, bean, animal protein, herbs and spices all contain a variety of antioxidants.

Acai Berry	Corn	Mango	Red Wine
Almonds	Cilantro	Mangosteen	Reishi Mushroom
Apple	Cranberry	Miso	Rosemary
Apricot	Dill	Olive Oil	Saffron
Barley Grass	Eggplant	Olives	Sage
Basil	Elderberry	Onion	Seafood
Beetroot	Garlic	Orange	Sesame Seeds
Bell Pepper	Ginger	Orange - Blood	Spinach
Black Bean	Ginkgo Biloba	Oregano	Spirulina
Blackberry	Globe Artichoke	Parsley	Strawberry
Black Cumin Seeds	Goji Berry	Pecan	Sweet Potato
Black Rice	Grape	Peppermint	Tamarillo
Blueberry	Grapefruit	Pinto Bean	Tea - Black
Broccoli	Hazelnut	Plum	Tea - Green
Buckwheat	Hibiscus	Pomegranate	Tea - White
Cabbage	Kale	Propolis	Tempeh
Carrot	Kidney Bean	Prune	Thyme
Cauliflower	Kiwifruit	Pumpkin	Tomato
Cherry	Leek	Quinoa	Turmeric
Chilli	Lemon	Raisins	Walnuts
Chocolate (Dark)	Lemon Balm	Raspberry	Watermelon
Chlorella	Lemon Grass	Red Algae	Wheatgrass
Cinnamon	Lime	Red Bean	Whey Protein
Cocoa	Macadamia	Red Currant	Wild Rice