



In the North American diet, artichoke is not tasty and nutritious.

But their history is very long - in ancient times, people used their leaves as a remedy for treating liver diseases like liver (18).

There is also an important source of dietary fiber, minerals and antioxidants (19). Based on an FRP analysis, 100 g of artichoke (3 oz) (3) contains up to 4.7 mm per antioxidant.

Artichokes are especially rich in antioxidants called chlorogenic [acid](#). Studies have shown that chlorogenic acid antioxidants and anti-inflammatory benefits can reduce the risk of some cancers, type 2 diabetes and heart disease (20, 21).

Antioxidants of artichokes can be different depending on material preparation.

Boiling artichokes can increase to eight factors, increase their antioxidant levels and can increase. On the other hand, frying artichokes can reduce the levels of antioxidants (22).

#### Summary

Artichoke is one of the most antioxidants, including chlorogenic acid. Their antioxidant content may vary based on preparation.

#### 6. Goji Amount

Goji Jamuna is a related plant, dry fruits of *leishium barabar* and *leishium chinensis*.

They have been a part of traditional Chinese medicine for more than 2000 years.

Goji Jamun is often sold as a superfood because it is rich in vitamins, minerals and antioxidants (23, 24).

Based on FRP analysis, Goji Jamun has 4.3 gms of oily (100 gm) (3) per 4.3 mm antioxidant. In addition, Goji Jamuna has special antioxidants called *leishium barabar* polysaccharides. The risk of heart disease and cancer is low and the skin can help fight against aging (25, 26). In addition, Goji Jamuns can also be very effective for increasing the levels of antioxidant in the blood.

In one study, healthy older people eat Gobi Beri milk-based drinks for 90 days every day. By the end of the study, the antioxidant level of blood increased 57% (27).

While goji berries are nutritious, regular food can be expensive.

Apart from that, there are few studies on the effects of Goji Jamuna in humans. When they support their health benefits, more research is needed on a human scale.

#### Summary

Goji Jamun is a rich source of antioxidants in which Lizzy is a unique type of name *Barabar* polysaccharides. The risk of heart disease and cancer is low and the skin can help fight against aging.

#### 7. Raspberry

Raspberry Soft, Tartar Barry, which is often used as a dessert. It is a good source of fiber, vitamin C, manganese and antioxidants (28).

Based on FRP analysis, raspberry antioxidant up to 4 mm (100 grams) (3).

Many studies associate antioxidants and other components with Raspberry cancer and low risk of heart disease.

Test tube studies found that 90% other ingredients of Antioxidants and Raspberry gastric colon and breast cancer cells are killed (29).

A review of five studies shows that black raspberry anti-inflammatory and antioxidant properties can slow down and reduce the effect of various types of cancer (30).

In addition, antioxidants in raspberries, especially in anthocene, can reduce inflammation and oxidative stress. This can reduce the risk of heart disease (31, 32, 33).

She said that most evidence of Raspberry's health benefits comes from test tube studies.

Before research, humans need more research.

### Summary

Raspberry nutrients are full of delicious and antioxidant ingredients. Like blueberry, it is rich with anthocyanins and affects the anti-inflammatory body.

### 8. Black

The Black Cruciform Plant is a group of vegetables grown from Brasilia Olaria. Other members are broccoli and cauliflower.

If dark is one of the most nutritious deer on the earth and vitamin A is rich, k and C. It is also rich in antioxidants by 2.7 mm to 100 grams (3, 34).

It is about twice as big - black color because of rotschwarzem and black red scales, but up to 3.5 oz (3) antioxidants up to 4.1 mm.

This is because black colored species have many anthocene antioxidants and many other antioxidants that give them a vague color.

Black Plant is an excellent source of calcium, an important mineral that helps maintain bone health and plays a role in other cellular functions (35).