In the North American diet, articoac 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 life (18).
There is also an important source of articulate diet 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.
Articos 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 articos can be different depending on material preparation.
Boiling artics can increase to eight factors, increase their antioxidant levels and can increase.
On the other hand, frying articos can reduce the levels of antioxidants (22).
Summary
Articox is one of the most antioxidants, including chlorogenic acid. Their antioxant content may vary based on preparation.
6. Goji Amount
Goji Jamuna is a related plant, dry fruits of leishium barabar and leishium chinens.
They have been a part of traditional Chinese medicine for more than 2000 years.
Gogi Jaman is often sold as a superfood because it is rich in vitamins, minerals and antioxidants (23, 24).
Based on FRP analysis, Gogi Jaman has 4.3 gms of oily (100 gm) (3) per 4.3 mm antioxidant.
In addition, Goji Jamuna has special antioxidants called leizabeth barbaram polysaccharides.
The risk of heart disease and cancer is low and the skin can help fight against aging (25, 26).
In addition, Goji Jamons 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 goggle berries are nutritious, regular food can be expensive.
Apart from that, there are few studies on the effects of Gogi Jamuna in humans. When they support their health benefits, more research is needed on a human scale.
Summary
Gogi Jaman is a rich source of antioxidants in which Lizzy is a unique type of name Barbaram 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).