

Additional file 1: The Antioxidant Food Table.

The total antioxidant content of more than 3,100 foods, beverages, spices, herbs and supplements used worldwide.

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The 24 categories and all individual products are presented in alphabetic order.

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Category 1 Berries and berry products

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Amla berries, dried | India | India | 261.53 | 3 |
| Amla, Indian Gooseberries, whole, canned | Roopaks, Ajmal Khan, N. Dehli | India | 13.27 | 3 |
| Amla, syrup from canned Indian Gooseberries | Roopaks, Ajmal Khan, N. Dehli | India | 29.70 | 3 |
| Bilberries, wild | Norway | Norway | 7.57 | 3 |
| Bilberries, wild | Norway | Norway | 8.55 | 4 |
| Bilberries, wild, dried | The Norwegian Crop Research Institute, Norway | Norway | 48.32 | 5 |
| Blackberries, cultivated | | USA | 4.02 | 6 |
| Blackberries, cultivated | Solabær, Sola, Norway | Norway | 4.13 | 3 |
| Blackberries, cultivated | | Norway | 6.14 | 3 |
| Blackberries, cultivated | Belgium | Norway | 3.84 | 3 |
| Blackberries, cultivated, canned, drained | S&W Fine Food, USA | Norway | 2.34 | 3 |
| Blackberries, cultivated, frozen | Local grocery | USA | 4.06 | 6 |
| Blackberries, cultivated, frozen | Wholesaler | USA | 3.89 | 6 |
| Blackberries, cultivated, with sugar | Findus, Norway | Norway | 4.76 | 3 |
| Blackberries, Dessert Berries, without sugar, frozen | Norske Dessertbær, Norway (berries from Poland) | Norway | 5.98 | 3 |
| Blackberries, dried, "Loch Ness" | The Norwegian Crop Research Institute, Norway | Norway | 37.08 | 5 |
| Blackberries, wild | Norway | Norway | 6.13 | 4 |
| Blackcurrant, cultivated | Norway | Norway | 5.49 | 3 |
| Blackcurrant, cultivated, "Ben Tiran" | Norwegian University of Life Sciences | Norway | 9.09 | 5 |
| Blackcurrant, syrup (100%), with sugar (undiluted) | Lerum, Norway | Norway | 2.38 | 3 |

Category 1 Berries and berry products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Blackcurrant, syrup (40%), with sugar (undiluted) | Stabburet, Norway | Norway | 2.73 | 3 |
| Blackcurrant, syrup (54%), with sugar (undiluted) | Røra fabrikker, Norway | Norway | 2.98 | 3 |
| Blackcurrant, syrup, without sugar (undiluted) | Helios, Norway | Norway | 4.15 | 3 |
| Blueberries | Poland | Norway | 9.24 | 4 |
| Blueberries, canned, heavy syrup, drained liquid | S&W | USA | 2.53 | 6 |
| Blueberries, canned, heavy syrup, drained solids | S&W | USA | 2.79 | 6 |
| Blueberries, canned, light syrup, drained liquid | Oregon | USA | 1.65 | 6 |
| Blueberries, canned, light syrup, drained solids | Oregon | USA | 2.01 | 6 |
| Blueberries, cultivated | Norway | Norway | 1.92 | 4 |
| Blueberries, cultivated | | USA | 1.85 | 6 |
| Blueberries, cultivated | | Norway | 1.26 | 3 |
| Blueberries, cultivated, "Aron" | Norwegian University of Life Sciences | Norway | 3.79 | 5 |
| Blueberries, cultivated, "Hardyblue" | Norwegian University of Life Sciences | Norway | 3.96 | 5 |
| Blueberries, Dessert Berries, without sugar, frozen | Norske Dessertbær, Norway (berries from Poland) | Norway | 7.13 | 3 |
| Blueberries, dried | USA, Eurocompany srl, Godo, Italy | Norway | 1.32 | 3 |
| Blueberry, jam | Heistad, Norway | Norway | 2.68 | 3 |
| Blueberry, jam | Eldorado, Norgesgruppen, Norway | Norway | 2.88 | 3 |
| Blueberry, jam, Naturlig lett | Nora, Stabburet, Norway | Norway | 4.71 | 3 |
| Blueberry, jam, Noras hjemmelagde | Nora, Stabburet, Norway | Norway | 3.60 | 3 |
| Blueberry, jam, Wild Blueberry Spread | Meridian Foods, UK | Norway | 1.44 | 3 |
| Blueberry, syrup (undiluted) | Hervik, Norway | Norway | 2.41 | 3 |
| Blueberry, syrup, without sugar (undiluted) | Helios, Norway | Norway | 5.91 | 3 |

Category 1 Berries and berry products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Chokeberries, black, wild | Norway | Norway | 13.48 | 4 |
| Cloudberry, wild | Norway | Norway | 2.53 | 4 |
| Cloudberry, wild, frozen | Sweden | Norway | 3.44 | 3 |
| Cranberry, cultivated | | USA | 3.29 | 6 |
| Cranberry, dried | NaturataSpielberger AG | Norway | 2.03 | 3 |
| Cranberry, dried | USA, Eurocompany srl, Godo, Italy | Norway | 1.90 | 3 |
| Cranberry, dried | Safeway, USA | USA | 1.64 | 3 |
| Cranberry raisins cherry flavor | Ocean Spray | USA | 1.47 | 3 |
| Cranberry, syrup, without sugar (undiluted) | Corona, Norway | Norway | 1.93 | 3 |
| Crowberry | Skjervøy, Norway | Norway | 7.89 | 3 |
| Crowberry | Norway | Norway | 2.48 | 4 |
| Crowberry | Norway | Norway | 8.45 | 4 |
| Crowberry, frozen | Norway | Norway | 10.80 | 4 |
| Crowberry, syrup (undiluted) | Skjervøy, Norway | Norway | 2.05 | 3 |
| Crowberry, syrup, juice of peel (undiluted) | Midnattsol Produkter, Norway | Norway | 4.50 | 3 |
| Crowberry, syrup, without sugar (undiluted) | Corona, Norway | Norway | 2.95 | 3 |
| Crowberry, syrup, without sugar (undiluted) | Midnattsol Produkter, Norway | Norway | 5.90 | 3 |
| Dog Rose | Norway | Norway | 25.86 | 4 |
| Dog Rose | Lørenskog, Norway | Norway | 12.65 | 4 |
| Dog Rose | Setcases in Spain | Spain | 14.16 | 4 |
| Dog Rose | Norway | Norway | 34.49 | 4 |
| Dog Rose, dried, whole | Helios, Norway | Norway | 78.09 | 3 |
| Dog Rose, powder | Chile | Norway | 54.30 | 3 |
| Dog Rose, powder, HybenMax | Fennomer Norge, Norway | Norway | 20.82 | 3 |
| Dog Rose, powder, Hyben-Vital | SunVita A/S, Denmark | Norway | 28.49 | 3 |
| Dog Roseshell, flour | Risenta, Finland | Norway | 75.84 | 3 |
| oElderberry, black (berries from common elder), wild | Norway | Norway | 5.24 | 4 |
| Elderberry, cultivated | Norwegian University of Life Sciences | Norway | 3.37 | 5 |

Category 1 Berries and berry products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Elderberry flowerdrink, concentrate | | Norway | 0.06 | 3 |
| Elderberry, syrup, without sugar (undiluted) | Helios, Norway | Norway | 6.31 | 5 |
| Goji Berries, organic, dried | Natural Food Market Erewhon, grown in China | USA | 4.31 | |
| Gooseberries, cultivated | Norway | Norway | 1.45 | 3 |
| Juice, blackberry, juice/syrup from canned blackberries | Nora, Stabburet, Norway | Norway | 1.27 | 3 |
| Juice, cranberry | Tine, Norway | Norway | 0.75 | 3 |
| Juice, cranberry | Ocean Spray | USA | 1.00 | 3 |
| Juice, cranberry, juice cocktail | Roche Bros | USA | 0.96 | 3 |
| Juice, cranberry, juice cocktail | Stop&Shop | USA | 0.86 | 3 |
| Juice, cranberry, juice cocktail | Ocean Spray | USA | 1.01 | 6 |
| Juice, Mana Blå, grape, blueberry, aronia, cherry | Tine, Norway | Norway | 2.00 | 3 |
| Juice, Mana Gul, dog rose and orange | Tine, Norway | Norway | 2.57 | 3 |
| Juice, Mana Rød, cranberries, raspberries and grapes | Tine, Norway | Norway | 0.67 | 3 |
| Juice, raspberry | Bræmhults, Sweden | Norway | 0.78 | 3 |
| Juice, strawberry | Bræmhults, Sweden | Norway | 0.43 | 3 |
| Raspberries, cultivated | | USA | 2.33 | 6 |
| Raspberries, cultivated | Norway | Norway | 3.35 | 3 |
| Raspberries, Dessert Berries, without sugar, frozen | Norske Dessertbær, Norway (berries from Poland) | Norway | 3.46 | 3 |
| Raspberries, wild | Malawi | Malawi | 1.73 | 4 |
| Raspberries, wild | Norway | Norway | 3.97 | 4 |
| Raspberries, wild | Fruitmaster, Netherlands | Norway | 2.50 | 3 |
| Raspberry, jam | Nora, Stabburet, Norway | Norway | 1.26 | 3 |
| Raspberry, jam, | Eldorado, Norgesgruppen, Norway | Norway | 1.12 | 3 |

**Category 1 Berries and
berry products continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Raspberry, jam, Bestemor Lerum Bringebærsyltetøy | Lerum Konserver, Norway | Norway | 1.40 | 3 |
| Raspberry, jam, light | Nora, Stabburet, Norway | Norway | 1.27 | 3 |
| Red whortleberries, cultivated, dried | The Norwegian Crop Research Institute, Norway | Norway | 32.28 | 5 |
| Red whortleberries, frozen | Poland | Norway | 4.98 | 3 |
| Red whortleberries, syrup, without sugar (undiluted) | Corona, Norway | Norway | 2.34 | 3 |
| Red whortleberries, wild | Norway | Norway | 5.00 | 4 |
| Redcurrant, cultivated | Norway | Norway | 1.61 | 3 |
| Redcurrant, Dessert Berries, without sugar, frozen | Norske Dessertbær, Norway (berries from Poland) | Norway | 1.87 | 3 |
| Rock bramble, frozen, wild | Norway | Norway | 8.51 | 4 |
| Rowanberries, dried | The Norwegian Crop Research Institute, Norway | Norway | 19.13 | 5 |
| Rowanberries, dried | Norsk Øko-Urt BA, Norway | Norway | 10.13 | 5 |
| Rowanberries, wild | Norway | Norway | 2.36 | 4 |
| Sea buckthorn, berries | Denmark | Denmark | 2.21 | 4 |
| Sea buckthorn, berries | Norway | Norway | 4.58 | 4 |
| Sour cherries, cultivated | Norway | Norway | 7.14 | 3 |
| Sour cherries, without stone, without sugar, frozen | Poland | Norway | 3.30 | 3 |
| Sour cherries, without stone, without sugar, frozen | Norway | Norway | 6.07 | 4 |
| Strawberries, Corona, cultivated | Norway | Norway | 2.05 | 3 |
| Strawberries, cultivated | | USA | 2.16 | 6 |
| Strawberries, "Honey," cultivated | Norwegian University of Life Sciences | Norway | 2.33 | 5 |
| Strawberries, "Senga Sengana", cultivated | Norwegian University of Life Sciences | Norway | 1.85 | 5 |
| Strawberry, jam | Nora, Stabburet, Norway | Norway | 0.64 | 3 |
| Strawberry, jam, light | Nora, Stabburet, Norway | Norway | 0.68 | 3 |
| Sweet cherries, cultivated | Norway | Norway | 1.42 | 3 |

**Category 1 Berries and
berry products continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Wild strawberries | Norway | Norway | 5.44 | 4 |
| Zereshk (Barberries, dried) | Iran | Iran | 27.30 | 3 |

Category 2 Beverages

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Aquavit, Løiten Linie | Løiten Brænderis Destillation, Norway | Norway | 0.12 | 3 |
| Beer, Bavarian Weizen | Haandbryggeriet, Norway | Norway | 0.27 | 3 |
| Beer, Bayer | Frydenlund, Norway | Norway | 0.25 | 3 |
| Beer, Beck`s beer | Brauerei Beck & CO, Germany | Norway | 0.13 | 3 |
| Beer, Guinness Draught | Guinness UDV, Irland | Norway | 0.21 | 3 |
| Beer, Lager Beer | Heineken, Netherlands | Norway | 0.13 | 3 |
| Beer, Leffe | Br.Abbaye de Leffe, Belgium | Norway | 0.22 | 3 |
| Beer, light | Bud Light | USA | 0.08 | 6 |
| Beer, light | Mixed brands | USA | 0.10 | 6 |
| Beer, light | Natural Light | USA | 0.10 | 6 |
| Beer, light | Miller Light | USA | 0.09 | 6 |
| Beer, light | Coors Light | USA | 0.06 | 6 |
| Beer, Limfjords Porter, double brown stout | Thisted Bryghus, Denmark | Norway | 0.43 | 3 |
| Beer, Lysholmer Spesial | E.C. Dahls bryggeri, Norway | Norway | 0.18 | 3 |
| Beer, Mack Bok-øl | Macks Ølbryggeri, Norway | Norway | 0.43 | 3 |
| Beer, Maredsous, Trippel 10 | Belgisch Abdj Bier, Belgium | Norway | 0.42 | 3 |
| Beer, Pale ale | Nøgne Ø, Norway | Norway | 0.31 | 3 |
| Beer, Pères Trappistes | Chimay, Belgium | Norway | 0.33 | 3 |
| Beer, Pils | Ringnes, Norway | Norway | 0.19 | 3 |
| Beer, Pils | Tuborg, Denmark | Norway | 0.22 | 3 |
| Beer, Porter | Nøgne Ø, Norway | Norway | 0.46 | 3 |
| Beer, Premium Lager | Grolsch | Norway | 0.21 | 3 |
| Beer, regular | Mixed brands | USA | 0.14 | 6 |
| Beer, regular | Busch | USA | 0.12 | 6 |
| Beer, regular | Miller High Life | USA | 0.12 | 6 |
| Beer, regular | Budweiser | USA | 0.15 | 6 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Beer, Saison Dupont, Biologique | Belgium | Norway | 0.29 | 3 |
| Beer, Samichlaus Bier (Santa Claus Beer), Lager Beer | Castle Brewery Eggenberg, Austria | Norway | 0.46 | 3 |
| Beer, without alcohol | Munkholm, Norway | Norway | 0.11 | 3 |
| Beer, Aass Gull | Aass Bryggerier, Norway | Norway | 0.19 | 3 |
| Blackcurrant, toddy, instant, Regia | Freia, Norway | Norway | 2.64 | 3 |
| Blackcurrant, toddy, instant, Regia, prepared | Freia, Norway | Norway | 0.38 | 3 |
| Blåbærsmost | Glanshammars | Sweden | 3.28 | 3 |
| Brandy, Napoleon V.S.O.P. | St.Remy Machecoul, France | Norway | 0.22 | 3 |
| Cider, Æpple, 4,5vol% | Halmstad, Sweden | Norway | 0.02 | 3 |
| Cider, Pärön, 2,25vol% | Halmstad, Sweden | Norway | 0.02 | 3 |
| Cockburn`s Port | Cockburn`s Port, Portugal | Norway | 0.60 | 3 |
| Coffee beans, green | Solberg & Hansen, Norway | Norway | 20.18 | 3 |
| Coffee beans, green | Turkey | Norway | 12.30 | 3 |
| Coffee beans, raw/green | Minas | Norway | 15.19 | 3 |
| Coffee beans, roasted (black) | Turkey | Norway | 22.29 | 3 |
| Coffee beans, roasted, Monsooned Malabar AA | Solberg & Hansen, Norway | Norway | 22.73 | 3 |
| Coffee, Ali, dark burned ground, 100% Arabica, filter brewed | Joh. Johannson Kaffe, Norway | Norway | 2.28 | 3 |
| Coffee, Ali, ground, 100% Arabica, boiled | Joh. Johannson Kaffe, Norway | Norway | 2.23 | 3 |
| Coffee, Ali, ground, 100% Arabica, filter brewed | Joh. Johannson Kaffe, Norway | Norway | 2.61 | 3 |
| Coffee, Andes Bolivia, boiled | Hervik, Norway | Norway | 2.62 | 3 |
| Coffee, Andes Bolivia, filter brewed | Hervik, Norway | Norway | 2.55 | 3 |
| Coffee, Arabica green, filter brewed | CIRAD, France | France | 1.55 | 5 |
| Coffee, Arabica medium roasting, filter brewed | CIRAD, France | France | 2.78 | 5 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Coffee, Arabica mild roasting, filter brewed | CIRAD, France | France | 2.45 | 5 |
| Coffee, Arabica strong roasting, filter brewed | CIRAD, France | France | 2.69 | 5 |
| Coffee, boiled | Kaffehuset Friele, Norway | Norway | 2.18 | 3 |
| Coffee, Cafe Organico Arabica, instant, prepared | Simon Levelt by Haarlem | Norway | 2.20 | 3 |
| Coffee, Caffe Latte, double, prepared | Kaffebrenneriet, Norway | Norway | 1.96 | 3 |
| Coffee, Caffe Latte, double, prepared | Stockflehts, Norway | Norway | 1.36 | 3 |
| Coffee, Caffe Latte, single, prepared | Kaffebrenneriet, Norway | Norway | 0.94 | 3 |
| Coffee, Caffe Latte, single, prepared | Stockflehts, Norway | Norway | 0.89 | 3 |
| Coffee, Cappucino, double, prepared | Kaffebrenneriet, Norway | Norway | 2.75 | 3 |
| Coffee, Cappucino, double, prepared | Stockflehts, Norway | Norway | 2.86 | 3 |
| Coffee, Cappucino, single, prepared | Stockflehts, Norway | Norway | 1.04 | 3 |
| Coffee, Cappucino, single, prepared | Kaffebrenneriet, Norway | Norway | 2.14 | 3 |
| Coffee, Cirkel Coffee, boiled | Joh. Johannson Kaffe, Norway | Norway | 1.79 | 3 |
| Coffee, Cirkel Coffee, ground coffee, filter brewed | Joh. Johannson Kaffe, Norway | Norway | 2.13 | 3 |
| Coffee, Espresso Originale Italiano, classico, prepared | Cellini | Norway | 2.70 | 3 |
| Coffee, Espresso, double, prepared | Stockflehts, Norway | Norway | 16.33 | 3 |
| Coffee, Espresso, single, prepared | Stockflehts, Norway | Norway | 15.83 | 3 |
| Coffee, Espresso, single, prepared | Kaffebrenneriet, Norway | Norway | 12.64 | 3 |
| Coffee, Evergood, boiled | Joh. Johannson Kaffe, Norway | Norway | 1.84 | 3 |
| Coffee, Evergood, caffein free, ground, filter brewed | Joh. Johannson Kaffe, Norway | Norway | 2.39 | 3 |
| Coffee, Evergood, filter brewed | Joh. Johannson Kaffe, Norway | Norway | 2.52 | 3 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Coffee, Farmers Coffee (fairtrade Max Havelaar), filter brewed | Joh. Johannson Kaffe, Norway | Norway | 2.58 | 3 |
| Coffee, filter brewed | McDonald's | Norway | 1.86 | 3 |
| Coffee, Finca Rodomunho, boiled | Hervik, Norway | Norway | 2.10 | 3 |
| Coffee, Finca Rodomunho, filter brewed | Hervik, Norway | Norway | 2.25 | 3 |
| Coffee, Frokost, filter brewed | Kaffehuset Friele, Norway | Norway | 3.03 | 3 |
| Coffee, Iced coffee Cappucino, ready to drink | Tine, Norway | Norway | 0.93 | 3 |
| Coffee, Iced coffee Mocca, ready to drink | Tine, Norway | Norway | 1.05 | 3 |
| Coffee, instant, Nescafe Gull, prepared | Nestlé, Norway | Norway | 1.67 | 3 |
| Coffee, instant, prepared | Coop, Norway | Norway | 1.60 | 3 |
| Coffee, instant, Sombrero, prepared | Coop, Norway | Norway | 1.68 | 3 |
| Coffee, Lavazza, Caffè Espresso, 100% Arabica, prepared | Luigi Lavazza, Italy | Norway | 2.83 | 3 |
| Coffee, L'Or, 100% Arabica, boiled | Maison du Cafe, France | Norway | 3.03 | 3 |
| Coffee, L'Or, 100% Arabica, filter brewed | Maison du Cafe, France | Norway | 3.34 | 3 |
| Coffee, Macchiato, double, prepared | Kaffebrenneriet, Norway | Norway | 5.03 | 3 |
| Coffee, Macchiato, double, prepared | Stockflehts, Norway | Norway | 11.30 | 3 |
| Coffee, Macchiato, single, prepared | Stockflehts, Norway | Norway | 6.48 | 3 |
| Coffee, Macchiato, single, prepared | Kaffebrenneriet, Norway | Norway | 5.32 | 3 |
| Coffee, prepared | Kaffebrenneriet, Norway | Norway | 4.20 | 3 |
| Coffee, prepared | Stockflehts, Norway | Norway | 3.03 | 3 |
| Coffee, prepared | Burger King | USA | 1.26 | 6 |
| Coffee, prepared | Wendy's | USA | 1.24 | 6 |
| Coffee, Robusta green, filter brewed | CIRAD, France | France | 2.99 | 5 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Coffee, Robusta medium roasting, filter brewed | CIRAD, France | France | 3.09 | 5 |
| Coffee, Robusta mild roasting, filter brewed | CIRAD, France | France | 3.60 | 5 |
| Coffee, Robusta strong roasting, filter brewed | CIRAD, France | France | 2.25 | 5 |
| Coffee, yellow Coop, filter brewed | Coop, Norway | Norway | 3.11 | 3 |
| Cognac, V.S.Martell, Fine Cognac | France | Norway | 0.32 | 3 |
| Cognac, X.O.Braastad, FineChampagne | France | Norway | 0.45 | 3 |
| Cordial, lemon flavored, Fun light, Sitron, undiluted | Stabburet, Norway | Norway | 0.40 | 3 |
| Cordial, orange flavored, Fun Light Appelsin, undiluted | Stabburet, Norway | Norway | 0.45 | 3 |
| Cordial, peach flavored, Fun light, Peach Passion, undiluted | Stabburet, Norway | Norway | 0.36 | 3 |
| Cordial, raspebbery flavored, Fun light, Bringebær, undiluted | Stabburet, Norway | Norway | 0.62 | 3 |
| Cordial, strawberry flavored, Fun light Jordbær, undiluted | Stabburet, Norway | Norway | 0.45 | 3 |
| Cordial, wild berries flavored, Fun light Wild Berries, undiluted | Stabburet, Norway | Norway | 0.15 | 3 |
| Diet Mountain Dew Superb | | USA | 0.00 | 3 |
| Energy drink | Red Bull | USA | 0.00 | 6 |
| Energy drink, sugar free | Red Bull | USA | 0.00 | 6 |
| Gingerale | E.C. Dahls bryggeri, Norway | Norway | 0.01 | 3 |
| Gingerale, american type | Ringnes, Norway | Norway | 0.00 | 3 |
| Instant cocoa, Choco-Mocca, powder | Confecta, Norway | Norway | 5.83 | 3 |
| Instant cocoa, Choco-Mocca, prepared | Confecta, Norway | Norway | 0.33 | 3 |
| Instant cocoa, Regia express, light, powder | Freia, Norway | Norway | 4.96 | 3 |
| Instant cocoa, Regia express, light, prepared | Freia, Norway | Norway | 0.42 | 3 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Instant cocoa, Regia express, original, powder | Freia, Norway | Norway | 3.09 | 3 |
| Instant cocoa, Regia express, original, prepared | Freia, Norway | Norway | 0.45 | 3 |
| Instant cocoa, Rett i Koppen, powder | Toro, Norway | Norway | 1.61 | 3 |
| Instant cocoa, Rett i Koppen, prepared | Toro, Norway | Norway | 0.26 | 3 |
| Juice drinks, 10% juce, boppin' strawberry flavor | Hi C | USA | 0.72 | 6 |
| Juice drinks, 10% juice, splash cooler flavor | Capri Sun | USA | 0.03 | 6 |
| Juice drinks, 10% juice, strawberry kiwi flavor | Capri Sun | USA | 0.05 | 6 |
| Juice drinks,10% ,strawberry flavor | Capri Sun | USA | 0.06 | 6 |
| Juice drinks,10% juice, blazin' blueberry flavor | Hi C | USA | 0.73 | 6 |
| Juice drinks,10% juice, mountain cooler flavor | Capri Sun | USA | 0.02 | 6 |
| Latino beverages, guanabana nectar | Goya | USA | 0.21 | 6 |
| Latino beverages, guanabana nectar | Other Brand | USA | 0.28 | 6 |
| Latino beverages, guava (guayaba) nectar | Other Brand | USA | 0.87 | 6 |
| Latino beverages, mango nectar | Goya | USA | 0.20 | 6 |
| Latino beverages, mango nectar | Other Brand | USA | 0.60 | 6 |
| Latino beverages, tamarind (tamarindo) nectar | Other Brand | USA | 0.36 | 6 |
| Latino beverages, tamarind (tamarindo) nectar | Goya | USA | 0.16 | 6 |
| Lemonade mix, pink, sweetened with artificial sweetener | Crystal Light | USA | 0.00 | 6 |
| Lemonade mix, sweetened with artificial sweetener | Crystal Light | USA | 0.00 | 6 |
| Lemonade powder mix, pink, sweetened with sugar | Country Time | USA | 0.77 | 6 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Lemonade powder mix, sweetened with sugar | Kool Aid | USA | 0.61 | 6 |
| Lemonade powder mix, sweetened with sugar | Country Time | USA | 0.85 | 6 |
| Lemonade powder mix, unsweetened | Kool Aid | USA | 12.75 | 6 |
| Lemonade, lemon | Nora, Stabburet, Norway | Norway | 0.14 | 3 |
| Lemonade, mixed wild berries | Nora, Stabburet, Norway | Norway | 0.33 | 3 |
| Lemonade, pink, frozen concentrate | Other Brand | USA | 0.46 | 6 |
| Lemonade, pink, frozen concentrate | Minute Maid | USA | 0.43 | 6 |
| Lemonade, regular, frozen concentrate | Store Brand | USA | 0.45 | 6 |
| Lemonade, regular, frozen concentrate | Minute Maid | USA | 0.37 | 6 |
| Liquor of crowberries, Frost | Arcus | Norway | 0.42 | 3 |
| Malt beer | Ringnes, Norway | Norway | 0.26 | 3 |
| Nectar, Multivitamine | Carrefour | USA | 0.59 | 3 |
| Non-carbonated bottled drinking water | Aquafina | USA | 0.00 | 6 |
| Non-carbonated bottled drinking water | Evian | USA | 0.00 | 6 |
| Non-carbonated bottled drinking water | Store Brand | USA | 0.00 | 6 |
| Non-carbonated bottled drinking water | Dannon | USA | 0.00 | 6 |
| Non-carbonated bottled drinking water | Calistoga | USA | 0.00 | 6 |
| Non-carbonated bottled drinking water | Naya | USA | 0.00 | 6 |
| Non-carbonated bottled drinking water | Crystal Geyser | USA | 0.00 | 6 |
| Non-carbonated bottled drinking water | Dasani | USA | 0.00 | 6 |
| Non-carbonated flavored bottled drinking water, elements enhanced water energy, lemon | Snapple | USA | 0.07 | 6 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Non-carbonated flavored bottled drinking water, essential multi vitamin, watermelon flavor | Aquafina | USA | 0.02 | 6 |
| Non-carbonated flavored bottled drinking water, fitness H2O, natural lemon flavor | Propel | USA | 0.11 | 6 |
| Non-carbonated flavored bottled drinking water, fluoride to go | Dannon | USA | 0.00 | 6 |
| Non-carbonated flavored bottled drinking water, fruit2o water, natural strawberry flavor | Very fine | USA | 0.00 | 6 |
| Non-carbonated flavored bottled drinking water, fruit2o, natural raspberry flavor | Very fine | USA | 0.00 | 6 |
| Prune drink | Nestlé | Norway | 1.79 | 3 |
| Ricoffy, instant coffee & chicory, Nescafe, powder | Nestlé, South Africa | Malawi | 51.86 | 3 |
| Soft drink, citrus fruit, Urge | Coca Cola Drikker | Norway | 0.08 | 3 |
| Soft drink, cola, diet | Burger King | USA | 0.05 | 6 |
| Soft drink, cola, diet | Pepsi | USA | 0.04 | 6 |
| Soft drink, cola, diet | Coke | USA | 0.04 | 6 |
| Soft drink, cola, diet | Wendy's | USA | 0.03 | 6 |
| Soft drink, cola, diet | McDonald's | USA | 0.02 | 6 |
| Soft drink, cola, diet | Pepsi One | USA | 0.06 | 6 |
| Soft drink, cola, regular | Pepsi | USA | 0.04 | 6 |
| Soft drink, cola, regular | Pepsi Co Nordic Norway AS | Norway | 0.04 | 3 |
| Soft drink, cola, regular | Coca-Cola Company | USA | 0.05 | 6 |
| Soft drink, cola, regular | Wendy's | USA | 0.02 | 6 |
| Soft drink, cola, regular | Coca Cola Drikker | Norway | 0.04 | 3 |
| Soft drink, cola, regular | Burger King | USA | 0.03 | 6 |
| Soft drink, cola, regular | McDonald's | USA | 0.00 | 6 |
| Soft drink, Fanta | Coca Cola Drikker | Norway | 0.08 | 3 |
| Soft drink, lemon-lime, light, 7 UP | Ringnes, Norway | Norway | 0.00 | 3 |
| Soft drink, lemon-lime, regular, Sprite | Coca Cola Company | USA | 0.00 | 6 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Soft drink, lemon-lime, Sprite | Coca-Cola Drikker | Norway | 0.00 | 3 |
| Soft drink, orange, Solo | Ringnes, Norway | Norway | 0.13 | 3 |
| Soft drink, white soda, regular | McDonald's | USA | 1.27 | 6 |
| Spirulina Cocktail | Bræmhults, Sweden | Norway | 0.38 | 3 |
| Sports drink mix, orange flavor | Gatorade | USA | 0.01 | 6 |
| Sports drink, lemon-lime flavor | Powerade | USA | 0.01 | 6 |
| Sports drink, orange flavor | Gatorade | USA | 0.00 | 6 |
| Tang, Jamaica, drinking powder | Mexico | Mexico | 2.05 | 3 |
| Tang, Naranja, drinking powder | Mexico | Mexico | 0.54 | 3 |
| Tang, Tamarino, drinking powder | Mexico | Mexico | 1.12 | 3 |
| Tea, black, Ceylon Breakfast, prepared | Solberg & Hansen, Norway | Norway | 0.75 | 3 |
| Tea, black, Ceylon, prepared | | New Zealand | 1.21 | 3 |
| Tea, black, Darjeeling Tiger Hill, prepared | | Norway | 1.12 | 3 |
| Tea, black, Earl Grey, prepared | Twinings, England | Norway | 0.95 | 3 |
| Tea, black, Earl Grey, prepared | | Norway | 0.82 | 3 |
| Tea, Camomile flowers, prepared | Dihlma | New Zealand | 0.10 | 3 |
| Tea, Combe Tea, dried | The Foods Company Ltd, Malawi | Malawi | 57.57 | 3 |
| Tea, Darjeeling, leaves, dried | Roopaks, Ajmal Khan, N. Dehli | India | 2.93 | 3 |
| Tea, dog rose, from dried dogrose, prepared | Helios, Norway | Norway | 0.20 | 3 |
| Tea, dog rose, from extract, prepared | Weiders Farmasøytiske A/S, Norway | Norway | 2.49 | 3 |
| Tea, dog rose, herb tea, prepared | | Norway | 0.31 | 3 |
| Tea, Flor de Jamaica, prepared | Mexico | Mexico | 6.99 | 3 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Tea, fruit, Mango, prepared | Twining's, England | Norway | 0.98 | 3 |
| Tea, fruit, wild berries, prepared | Solberg & Hansen, Norway | Norway | 0.49 | 3 |
| Tea, green, (pink) powder | NPS, Japan | Norway | 1347.83 | 3 |
| Tea, green, Assam TGFOP, prepared | Solberg & Hansen, Norway | Norway | 1.49 | 3 |
| Tea, green, dried | | Norway | 24.31 | 3 |
| Tea, green, Earl Grey, prepared | Twining's, England | Norway | 1.43 | 3 |
| Tea, green, Emperors Garden, prepared | Tetly Australia PtyLtd | New Zealand | 1.36 | 3 |
| Tea, green, Green Java, prepared | Twining's, England | Norway | 2.62 | 3 |
| Tea, green, Green Label, dried | Lipton | India | 6.77 | 3 |
| Tea, green, Gunpowder, prepared | China | Norway | 1.31 | 3 |
| Tea, green, Gunpowder, prepared | Solberg & Hansen, Norway | Norway | 1.19 | 3 |
| Tea, green, Jasmin, prepared | Lipton | Norway | 1.27 | 3 |
| Tea, green, Jasmine, prepared | Twining's, England | Norway | 1.93 | 3 |
| Tea, green, Jasmine, prepared | Dilhma | New Zealand | 2.11 | 3 |
| Tea, green, Java Green, prepared | Twining's, England | Norway | 2.31 | 3 |
| Tea, green, leaves, dried, Kashmir Kahawa | Ajmal Khan, N. Dehli | India | 10.13 | 3 |
| Tea, green, Ling ching, prepared | Solberg & Hansen, Norway | Norway | 1.26 | 3 |
| Tea, green, mint, prepared | Lipton | Norway | 0.88 | 3 |
| Tea, green, Monkey, prepared | China | Norway | 0.57 | 3 |
| Tea, green, Sencha, prepared | Solberg & Hansen, Norway | Norway | 1.24 | 3 |
| Tea, green, Spesial Chun Mee, prepared | Solberg & Hansen, Norway | Norway | 1.43 | 3 |
| Tea, herb, Mate-brown, prepared | | Norway | 0.27 | 3 |
| Tea, iced tea, brewed, unsweetened | Wendy's | USA | 0.37 | 6 |
| Tea, iced tea, peach | Eldorado | Norway | 0.46 | 3 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------|--------------------------------------------------|--------------|----------------------------------|---------|
| Tea, iced tea, ready to drink, brisk lemon iced tea | Lipton | USA | 0.05 | 6 |
| Tea, iced tea, ready to drink, iced tea with lemon flavor | Arizona | USA | 0.16 | 6 |
| Tea, iced tea, ready to drink, natural lemon iced tea | Nestea | USA | 0.05 | 6 |
| Tea, instant, dry powder, unsweetened | Nestea | USA | 165.86 | 6 |
| Tea, instant, dry powder, with lemon and sugar, prepared | Lipton | USA | 0.94 | 6 |
| Tea, leaves, fresh | Malawi | Malawi | 26.55 | 4 |
| Tea, Peppermint, ground and whole fresh leaves, prepared | | Norway | 0.43 | 3 |
| Tea, Rab's Classic Malawi Tea, dried | Rab Processors Ltd, Malawi | Malawi | 57.72 | 3 |
| Tea, Rooibos, Aspalathus linearis, prepared | Freshpak, South Africa | South Africa | 0.42 | |
| Tea, Rooibos, prepared | South-Africa | Norway | 0.61 | 3 |
| Tea, Sermoni, green tea, prepared | | Norway | 2.45 | 3 |
| Tea, Sermoni, powder | | Norway | 155.42 | 3 |
| Vanilla shake, national | Burger King | USA | 0.08 | 6 |
| Whisky, Finest Scotch Whisky | The Famous Grouse, Glou & Son, Scotland | Norway | 0.10 | 3 |
| White soda, regular | Wendy's | USA | 0.00 | 6 |
| White soda, regular | Burger King | USA | 0.00 | 6 |
| Wine, Danish Cherry-wine | | England | 0.23 | 3 |
| Wine, red, Amigo | | Norway | 2.15 | 3 |
| Wine, red, Arrow 2000 | USA | Norway | 2.44 | 3 |
| Wine, red, Banrock Station Shiraz | | Norway | 1.97 | 3 |
| Wine, red, Baro`n de Oña toija 1996 | Spain | Norway | 2.03 | 3 |
| Wine, red, Boheme | | Norway | 2.06 | 3 |
| Wine, red, Canaletto 2000 | Italy | Norway | 3.05 | 3 |
| Wine, red, Canepa 2000 | Chile | Norway | 2.82 | 3 |
| Wine, red, Capella | Puglia, Italy | Norway | 2.49 | 3 |
| Wine, red, Cato Negro | | Norway | 2.49 | 3 |

**Category 2 Beverages
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Wine, red, Chanti Collisensi 2003 | | Norway | 3.08 | 3 |
| Wine, red, Chapelle Du Bois | | Norway | 1.94 | 3 |
| Wine, red, Chateau Coufran1999 | France | Norway | 2.62 | 3 |
| Wine, red, Chianti Classico 2000 | Italy | Norway | 2.68 | 3 |
| Wine, red, Côte de Nuits-Villages1998 | France | Norway | 1.78 | 3 |
| Wine, red, Crozes Hermitage 1999 | France | Norway | 2.24 | 3 |
| Wine, red, Fortino | Italy | Norway | 2.55 | 3 |
| Wine, red, J.P.Chenet | | Norway | 2.83 | 3 |
| Wine, red, Kimberly 2001 | South-Africa | Norway | 2.33 | 3 |
| Wine, red, La Boiselière | | Norway | 1.82 | 3 |
| Wine, red, La Buvette | France | Norway | 2.37 | 3 |
| Wine, red, Merlot | | USA | 2.13 | 6 |
| Wine, red, Mezzamonde Negramoro | | Norway | 2.90 | 3 |
| Wine, red, Montepulciano 2001 | Italy | Norway | 3.66 | 3 |
| Wine, red, Syrah, bag-in-box | France | Norway | 2.10 | 3 |
| Wine, red, Terriero 2001 | Italy | Norway | 2.41 | 3 |
| Wine, red, Vidigal Reserva | | Norway | 2.69 | 3 |
| Wine, red, Vino Maipo | | Norway | 2.70 | 3 |
| Wine, white, Black Tower | | Norway | 0.19 | 3 |
| Wine, white, Blue Nun | | Norway | 0.37 | 3 |
| Wine, white, Caliterra 2000 | Chile | Norway | 0.30 | 3 |
| Wine, white, Chardonnay | | USA | 0.16 | 6 |
| Wine, white, Dr. L. Riesling | | Norway | 0.25 | 3 |
| Wine, white, Dunvar | | Norway | 0.44 | 3 |
| Wine, white, Liebfraumilch Silbervin | | Norway | 0.50 | 3 |
| Wine, white, Milestone 2001 | Australia | Norway | 0.47 | 3 |
| Wine, white, Moscato | | Norway | 0.42 | 3 |
| Wine, white, Moselland | | Norway | 0.38 | 3 |
| Wine, white, Moselland Ars Vitis | | Norway | 0.40 | 3 |
| Wine, white, Müller Reiler Wom Heissen Stein | | Norway | 0.30 | 3 |
| Wine, white, Tarquet | | Norway | 0.50 | 3 |
| Wine, white, Viogner | | Norway | 0.56 | 3 |

Category 3 Breakfast cereals

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------|---------------------------------------------------------------------|-------------|----------------------------------|---------|
| 100% Bran | Post | USA | 1.20 | 3 |
| 100% Natural Granola, Oats, Honey, & Raisins | Quaker | USA | 0.16 | 6 |
| All-Bran | Kellogg's | USA | 1.68 | 3 |
| All-Bran | Kellogg's | USA | 1.56 | 6 |
| All-Bran Plus | Kellogg's Company of Great Britain Ltd. For nordic Kellogg's Norway | Norway | 1.68 | 3 |
| All-Bran Regular | Kellogg's Company of Great Britain Ltd. For nordic Kellogg's Norway | Norway | 1.96 | 3 |
| Bran Flakes | Post | USA | 1.21 | 3 |
| Bran Flakes | Ralston | USA | 4.29 | 6 |
| Cap'n Crunch Peanut Butter Cereal | Quaker | USA | 0.53 | 6 |
| Cheerios | General Mills, USA | USA | 1.12 | 6 |
| Cheerios | General Mills, USA | USA | 1.09 | 3 |
| Cheerios | Nestlé, Norway | Norway | 0.97 | 3 |
| Cocoa Krispies | Kellogg's | USA | 1.56 | 6 |
| Cocos-frokost, chocolate flavor | Kellogg's GmbH. For Nordic Kellogg's Norway | Norway | 0.88 | 3 |
| Complete | Kellogg's | USA | 4.84 | 3 |
| Corn and Rice, Crispix | Kellogg's | USA | 1.13 | 6 |
| Corn and Rice, Crispy Doubles | Giant Eagle | USA | 0.72 | 6 |
| Corn and Rice, Crispy Hexagons | Shop 'N Save | USA | 0.88 | 6 |
| Corn and Rice, Crispy Hexagons | Price Chopper | USA | 0.78 | 6 |
| Corn Chef | Corn Chef | USA | 1.18 | 3 |
| Corn Flakes | Ralston | USA | 1.23 | 6 |
| Corn Flakes | Toasties | USA | 0.85 | 3 |
| Corn Flakes | Kellogg's | USA | 1.28 | 6 |
| Corn Flakes | Kellogg's GmbH, Germany | Norway | 0.98 | 3 |
| Corn Flakes | Landlord, Germany | Norway | 0.70 | 3 |

**Category 3 Breakfast
cereal continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------|----------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Corn Flakes, ecological | Germany | Norway | 0.62 | 3 |
| Corn Flakes, Honey Crunch | Kellogg's GmbH. For Kellogg's Norway | Norway | 0.66 | 3 |
| Corn Squares, Corn Biscuits | Ralston | USA | 0.46 | 6 |
| Corn Squares, Toasted Corn | Price Chopper | USA | 0.50 | 6 |
| Crispix | Kellogg's | USA | 0.74 | 3 |
| Crusli | Quaker Oats B.V., Netherlands | USA | 0.52 | 3 |
| Crusli, Solfrokost | Quaker Oats B.V., Netherlands | USA | 0.59 | 3 |
| Energy Mix | Quaker Oats B.V., Netherlands | USA | 0.45 | 3 |
| Fiber One | General Mills, USA | USA | 2.17 | 3 |
| Fitness | Nestlé, Norway | Norway | 0.99 | 3 |
| Fitness & Fruits | Nestlé, Norway | Norway | 0.53 | 3 |
| Froot Loops | Kellogg's | USA | 0.90 | 6 |
| Frosted Flakes | Kellogg's | USA | 0.89 | 3 |
| Frosted Mine Wheets | Kellogg's | USA | 0.23 | 3 |
| Grape Nuts Flakes | | USA | 0.88 | 3 |
| Grear grains, Pecan Crunch | Post | USA | 1.09 | 3 |
| Honey Bunckes of Oats | Post | USA | 0.34 | 3 |
| Honey Nut Cheerios | General Mills, USA | USA | 1.04 | 3 |
| Just Right | Kellogg's | USA | 0.58 | 3 |
| Kix | GMI | USA | 0.55 | 3 |
| Life | Quaker | USA | 0.36 | 3 |
| Loops, Multi Grain | Kellogg's GmbH. For Kellogg's Norway | Norway | 0.53 | 3 |
| Low fat Granola | Kellogg's | USA | 0.53 | 3 |
| Mueslix | Kellogg's | USA | 0.64 | 3 |
| Multi-Grain Chex | | USA | 1.97 | 3 |
| Müsli Whole Grain | Euro Shopper, Germany | Norway | 0.41 | 3 |
| Müsli, Frokost | Landlord, Germany | Norway | 0.48 | 3 |
| Müsli, Frokost | Nordkronen, Norway | Norway | 0.66 | 3 |
| Nabisco Shredded | Nabisco | USA | 0.44 | 3 |
| Oat Circle | Ralston | USA | 0.84 | 6 |
| Oat squares | Nakskov Mil FoodsA/S Denmark for Quaker Oats Scandinavia | Norway | 1.14 | 3 |
| Oat, puffed | Hakon, Norway | Norway | 2.11 | 3 |

Category 3 Breakfast cereal continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------|---------------------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Oat, puffed | Norgessmøllen DA, Norway | Norway | 1.89 | 3 |
| Oat, puffed | Gaute Næringsmiddelindustri, Norway | Norway | 1.79 | 3 |
| Old Glory | Kellogg's | USA | 1.05 | 3 |
| Original shredded wheat | Post | USA | 0.23 | 6 |
| Paisin Bran | Post | USA | 0.73 | 3 |
| Product 19 | Kellogg's | USA | 4.01 | 3 |
| Puffed Rice | Quaker | USA | 0.43 | 3 |
| Puffed Rice | Cub Foods | USA | 0.29 | 3 |
| Puffed Wheat | Cub Foods | USA | 1.26 | 3 |
| Raisin Bran | Kellogg's | USA | 1.16 | 3 |
| Raisin Bran | Post | USA | 0.77 | 6 |
| Raisin Bran | Malt O`meal | USA | 0.75 | 3 |
| Rice Chex | | USA | 0.37 | 3 |
| Rice Crisp | Kellogg's | USA | 0.86 | 6 |
| Rice Crisp | Ralston | USA | 1.02 | 6 |
| Rice Krispies | Kellogg's | USA | 0.88 | 3 |
| Rice Puffs | Cub Foods | USA | 0.24 | 3 |
| Rice, puffed | Hakon, Norway | Norway | 0.30 | 3 |
| Shredded Wheat | Kraft | USA | 0.24 | 3 |
| Shredded Wheat | Post | USA | 0.22 | 3 |
| Special | Kellogg's Company of Great Britain Ltd. For nordic Kellogg`s Norway | Norway | 0.90 | 3 |
| Special K | Kellogg's | USA | 1.56 | 3 |
| Special K | Kellogg's | Norway | 1.83 | 3 |
| Squares | Quaker | USA | 1.03 | 3 |
| Squares, with cinnamon | Quaker | USA | 1.01 | 3 |
| Total | General Mills, USA | USA | 2.51 | 3 |
| Uncle Sam Cereal | US Mills | USA | 1.12 | 6 |
| Weetabix | Weetabix Ltd, England | USA | 1.30 | 3 |
| Weetos, with chockolate flavor | Weetabix Ltd, England | USA | 0.80 | 3 |
| Wheat Chex | General Mills, USA | USA | 1.17 | 3 |
| Wheat Puffs | Cub Foods | USA | 1.64 | 3 |
| Wheaties | General Mills, USA | USA | 1.67 | 3 |
| Whole Grain Total | General Mills, USA | USA | 3.41 | 6 |

Category 4 Chocolate and sweets

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Cacao, for baking, powder, Regia | Freia, Norway | Norway | 13.74 | 3 |
| Candy bars | Tootsie Rolls | USA | 1.40 | 6 |
| Candy bars, Snickers | | USA | 0.73 | 6 |
| Candy bars, Wafer Bar | Kit Kat | USA | 0.72 | 6 |
| Caramel, cream, Smørbukk | Nidar, Norway | Norway | 1.31 | 3 |
| Caramel, lemon, FOX | Malaco | Norway | 0.11 | 3 |
| Chocolate | Plamil Foods Limited , England | Norway | 3.08 | 3 |
| Chocolate butter, Sjøkade | Sunda, Norway | Norway | 1.15 | 3 |
| Chocolate butter, Sjøkella | Nestlé, Norway | Norway | 0.73 | 3 |
| Chocolate, Cacao Gastronomie, 100% | Valrhona | Norway | 11.22 | 3 |
| Chocolate, chocolate covered cacao nibs, 53% cocoa | Chocolate Santander, Colombia | Norway | 13.29 | 3 |
| Chocolate, chocolate covered coffe beans, 53% cocoa | Chocolate Santander, Colombia | Norway | 12.62 | 3 |
| Chocolate, chocolate discs, 70% cocoa | Chocolate Santander, Colombia | Norway | 14.98 | 3 |
| Chocolate, dark chocolate, Colombian coffee bits, 70% cocoa | Chocolate Santander, Colombia | Norway | 14.79 | 3 |
| Chocolate, dark chocolate, Columbian singel origin, 70% cocoa | Chocolate Santander, Colombia | Norway | 13.56 | 3 |
| Chocolate, dark chocolate, Columbian singel origin with cacao nibs, 70% cocoa | Chocolate Santander, Colombia | Norway | 14.47 | 3 |
| Chocolate, dark, 70% cocoa | Freia, Norway | Norway | 7.83 | 3 |
| Chocolate, dark, 70% cocoa | Lindt & Sprungli, France | Norway | 13.44 | 3 |
| Chocolate, dark, Bocca Dark | Nidar, Norway | Norway | 7.67 | 3 |

Category 4 Chocolate and sweets continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Chocolate, dark, for baking, Mørk Kokesjokolade | Hakon, Norway | Norway | 9.04 | 3 |
| Chocolate, dark, Lindt Excellence extra fine, 85% cocoa | Lindt & Sprüngli, France | Norway | 13.58 | 3 |
| Chocolate, dark, Lindt Excellence 99% cocoa | Lindt & Sprüngli, France | Norway | 12.09 | 3 |
| Chocolate, dark, Noir Amer, Guanaja, 70% cocoa | Valrhona | Norway | 10.74 | 3 |
| Chocolate, dark, Noir Dark, Lindt Excellence, 70% cocoa | Lindt & Sprüngli, France | Norway | 8.38 | 3 |
| Chocolate, dark, Noir de Domiane, Ampamakia, 64% cocoa | Valrhona | Norway | 10.33 | 3 |
| Chocolate, dark, Noir de Domiane, Chuao, 65% cocoa | Valrhona | Norway | 12.26 | 3 |
| Chocolate, dark, Noir de Domiane, Gran Couva, 64% cocoa | Valrhona | Norway | 7.64 | 3 |
| Chocolate, dark, Noir, 72% cocoa | Villars | Norway | 11.00 | 3 |
| Chocolate, dark, Sensation Brut Noir de Noir, 86% cocoa | Côte d'Or | Norway | 11.67 | 3 |
| Chocolate, dark, Sensation intense Noir de Noir, 70% cocoa | Côte d'Or | Norway | 9.03 | 3 |
| Chocolate, dark, Superior Dark 72% cocoa | Confecta, Norway | Norway | 11.35 | 3 |
| Chocolate, dark, Toblerone | Kraft Foods, Switzerland | Norway | 1.71 | 3 |
| Chocolate, Dronning | Freia, Norway | Norway | 4.73 | 3 |
| Chocolate, for baking, Lys Kokesjokolade | Freia, Norway | Norway | 3.59 | 3 |
| Chocolate, for baking, unsweetened | Bakers, Norway | USA | 7.28 | 6 |
| Chocolate, for baking, unsweetened | Hershey's | USA | 10.47 | 6 |
| Chocolate, Kvikk Lunsj | Freia, Norway | Norway | 1.48 | 3 |
| Chocolate, milk chocolate | Euro Shopper | Norway | 1.44 | 3 |
| Chocolate, milk chocolate candy | Cadbury | USA | 1.95 | 6 |

Category 4 Chocolate and sweets continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Chocolate, milk chocolate candy | Brach's Stars | USA | 1.25 | 6 |
| Chocolate, milk chocolate candy | Hershey's | USA | 1.55 | 6 |
| Chocolate, milk chocolate candy, Hershey Kisses | Hershey's | USA | 1.50 | 6 |
| Chocolate, milk chocolate peanut butter cups, miniatures | Reese's | USA | 1.07 | 1, 6 |
| Chocolate, milk chocolate, Freia Melkesjokolade | Freia, Norway | Norway | 5.06 | 3 |
| Chocolate, Milky Way | Masterfoods, Norway | Norway | 0.73 | 3 |
| Chocolate, Mokkaønner | Nidar, Norway | Norway | 6.23 | 3 |
| Chocolate, New Energy | Nidar, Norway | Norway | 1.20 | 3 |
| Chocolate, Noir Nestlé Dessert | Nestlé, Norway | Norway | 7.87 | 3 |
| Chocolate, peanut butter cup miniatures, sugar-free | Reese's | USA | 1.08 | 1, 6 |
| Chocolate, Selskapssjokolade | Freia, Norway | Norway | 4.94 | 3 |
| Chocolate, semi-dark, Colombian Singel Origin, 53% cocoa | Chocolate Santander, Colombia | Norway | 7.40 | 3 |
| Chocolate, Snickers | Masterfoods, Norway | Norway | 0.80 | 3 |
| Chocolate, sugar-free, chocolate candy | Hershey's | USA | 2.57 | 6 |
| Chocolate, sugar-free, dark chocolate candy | Hershey's | USA | 4.19 | 6 |
| Chocolate, sweet authentic mexican chocolate | Ibarra, Mexico | Norway | 8.83 | 3 |
| Chocolate, Voll-Nuss (with whole hazelnuts) | Ritter Sport, Germany | Norway | 0.62 | 3 |
| Chocolate, white, with coconut | Lindt & Sprungli, France | Norway | 0.23 | 3 |
| Chocolate, with hazelnuts, Bocca Dark | Nidar, Norway | Norway | 5.31 | 3 |
| Chocolate, with pieces of hazelnuts, Firkløver | Freia, Norway | Norway | 1.20 | 3 |
| Chocolate, with whole hazelnuts, Helnøtt | Freia, Norway | Norway | 0.82 | 3 |

Category 4 Chocolate and sweets continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Coconut, sweetened, flaked | Store Brand | USA | 0.09 | 6 |
| Coconut, sweetened, flaked | Other Brand | USA | 0.09 | 6 |
| Coconut, sweetened, flaked, Angel Flake | Bakers, Norway | USA | 0.10 | 6 |
| Granola bars, 100% natural crunchy oats and honey | Nature Valley | USA | 0.83 | 6 |
| Granola bars, chewy, chocolate chip | Sunbelt | USA | 0.76 | 6 |
| Granola bars, chewy, chocolate chip | Quaker | USA | 0.36 | 6 |
| Granola bars, chewy, chocolate chip | Store Brand | USA | 0.60 | 6 |
| Granola bars, chewy, oats and honey | Sunbelt | USA | 0.40 | 6 |
| Granola bars, crunchy | Store Brand | USA | 0.78 | 6 |
| Liquorice candy, Godt og blandet | Malaco | Norway | 4.71 | 3 |
| Liquorice candy, NOX | Malaco | Norway | 1.25 | 3 |
| Liquorice candy, Skipper lakrisbåter | Nidar, Norway | Norway | 0.69 | 3 |
| Marzipan | Rainbow, Denmark | Norway | 0.05 | 3 |
| Marzipan, luxury quality | Odense, Denmark | Norway | 0.05 | 3 |
| Milk chocolate peanut butter cups | Reese's | USA | 0.96 | 1, 6 |
| Nut and chocolate butter, Nugatti | Sunda, Norway | Norway | 1.10 | 3 |
| Power bar, chocolate flavor | | USA | 2.76 | 6 |
| Slim-Fast Meal options, Chewy Granola, chocolate chip, artificially flavored | Slim-Fast Foods co, USA | Norway | 1.96 | 3 |
| Slim-Fast Meal options, milk chocolate peanut flavored, meal on-the-go | Slim-Fast Foods co, USA | Norway | 2.10 | 3 |
| Slim-Fast Meal options, oatmeal raisin, natural & artificially flavored, meal on-the-go | Slim-Fast Foods co, USA | Norway | 3.55 | 3 |

Category 5 Dairy and dairy products

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Buttermilk, skimmed | Tine, Norway | Norway | 0.05 | 3 |
| Buttermilk, special 1.5% fat, Biola | Tine, Norway | Norway | 0.05 | 3 |
| Buttermilk, special 1.5% fat, Cultura | Tine, Norway | Norway | 0.04 | 3 |
| Cheese, american cheese/pasteurized process cheese | Kraft Singles | USA | 0.06 | 6 |
| Cheese, american cheese/pasteurized process cheese food | Kraft Deluxe | USA | 0.04 | 6 |
| Cheese, american cheese/pasteurized process cheese food | Store Brand | USA | 0.06 | 6 |
| Cheese, american/skim, white, sliced, commodity | Land O Lakes | USA | 0.03 | 6 |
| Cheese, american/skim, yellow, sliced | Schreiber | USA | 0.04 | 6 |
| Cheese, american/skim, yellow, sliced, commodity | Land O Lakes | USA | 0.04 | 6 |
| Cheese, Brie Coeur de Lion | France | Norway | 0.22 | 1, 3 |
| Cheese, brown goat cheese | Tine, Norway | Norway | 0.78 | 3 |
| Cheese, Cheddar, chunk | Store Brand | USA | 0.06 | 1, 6 |
| Cheese, Cheddar, chunk | Kraft | USA | 0.09 | 1, 6 |
| Cheese, Gorgonzola dolce | Italy | Norway | 0.54 | 1, 3 |
| Cheese, Mozzarella, low moisture part skim | Store Brand | USA | 0.06 | 1, 6 |
| Cheese, Mozzarella, low moisture part skim | Kraft | USA | 0.04 | 1, 6 |
| Cheese, Mozzarella, whole milk | Precious | USA | 0.12 | 1, 6 |
| Cheese, Mozzarella, whole milk | Store Brand | USA | 0.06 | 1, 6 |
| Cheese, Mozzarella, whole milk | Polly-O | USA | 0.10 | 1, 6 |
| Cheese, Mozzarella, whole milk | Sorrento | USA | 0.11 | 1, 6 |

Category 5 Dairy and dairy products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Cheese, Parmesan, grated | Kraft | USA | 0.06 | 6 |
| Cheese, Parmesan, grated | Store Brand | USA | 0.10 | 6 |
| Cheese, Philadelphia, original | Kraft | Norway | 0.19 | 3 |
| Cheese, processed, commodity | Land O Lakes | USA | 0.06 | 6 |
| Cheese, processed, white, sliced | AMPI | USA | 0.03 | 6 |
| Cheese, processed, yellow, sliced, commodity | Bongards | USA | 0.04 | 6 |
| Cheese, processed, yellow, sliced, commodity | Land O Lakes | USA | 0.05 | 6 |
| Cheese, Roquefort | France | Norway | 0.43 | 1, 3 |
| Cheese, St Agur | France | Norway | 0.65 | 1, 3 |
| Cheese, Stilton ring | England | Norway | 0.54 | 1, 3 |
| Cheese, Swiss Cheese, slices | Store Brand | USA | 0.08 | 1, 6 |
| Cheese, Swiss Cheese, slices | Kraft | USA | 0.07 | 1, 6 |
| Cheese, white, Norvegia | Tine, Norway | Norway | 0.10 | 3 |
| Cottage Cheese | Tine, Norway | Norway | 0.05 | 3 |
| Cream, 22% fat | Tine, Norway | Norway | 0.06 | 3 |
| Cream, 35% fat | Tine, Norway | Norway | 0.07 | 3 |
| Goatmilk | Tine, Norway | Norway | 0.04 | 3 |
| Ice cream | Burger King | USA | 0.00 | 6 |
| Ice cream, chocolate, regular fat | Store Brand | USA | 0.50 | 6 |
| Ice cream, chocolate, regular fat | Breyers | USA | 0.76 | 6 |
| Ice cream, chocolate, regular fat, grand chocolate flavor | Edy's/Dreyer's | USA | 0.71 | 6 |
| Ice cream, regular fat, natural vanilla | Edy's/Dreyer's | USA | 0.05 | 6 |
| Ice cream, regular fat, natural vanilla | Breyers | USA | 0.06 | 6 |
| Ice cream, vanilla | Nestlé, Norway | Norway | 0.22 | 3 |
| Ice cream, vanilla | Møvenpick, Switzerland | Norway | 0.32 | 3 |
| Ice cream, vanilla, regular fat | Other Brand | USA | 0.07 | 6 |
| Ice cream, vanilla, regular fat | Store Brand | USA | 0.06 | 6 |
| Ice cream, with strawberry | Hennig Olsen, Norway | Norway | 0.21 | 3 |
| Milk, 1% | USA | USA | 0.05 | 6 |
| Milk, 2% | USA | USA | 0.04 | 6 |

Category 5 Dairy and dairy products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Milk, chocolate, 2% reduced fat | Hershey's | USA | 0.17 | 6 |
| Milk, chocolate, 2%, reduced fat | Store Brand | USA | 0.14 | 6 |
| Milk, extra semi-skimmed | Tine, Norway | Norway | 0.04 | 3 |
| Milk, Kefir | Tine, Norway | Norway | 0.05 | 3 |
| Milk, semi-skimmed | Tine, Norway | Norway | 0.04 | 3 |
| Milk, semi-skimmed, ecological | Tine, Norway | Norway | 0.04 | 3 |
| Milk, semi-skimmed, lactose reduced | Tine, Norway | Norway | 0.05 | 3 |
| Milk, semi-skimmed, Q-Melk | Gausdal Meieriet for Kavli, Norway | Norway | 0.05 | 3 |
| Milk, skim | USA | USA | 0.04 | 6 |
| Milk, skimmed | Tine, Norway | Norway | 0.04 | 3 |
| Milk, skimmed | MATFORSK, Norway | Norway | 0.03 | 5 |
| Milk, skimmed fermented | MATFORSK, Norway | Norway | 0.05 | 5 |
| Milk, skimmed fermented with blackcurrants | MATFORSK, Norway | Norway | 0.27 | 5 |
| Milk, skimmed fermented with blueberries | MATFORSK, Norway | Norway | 0.42 | 5 |
| Milk, skimmed with blueberries | MATFORSK, Norway | Norway | 0.35 | 5 |
| Milk, skimmed, Q -Melk | Gausdal Meieriet for Kavli, Norway | Norway | 0.05 | 3 |
| Milk, skimmed, with blackcurrants | MATFORSK, Norway | Norway | 0.20 | 5 |
| Milk, whole, H-Melk | Tine, Norway | Norway | 0.04 | 3 |
| Milk, whole, Q-Melk | Gausdal Meieriet for Kavli, Norway | Norway | 0.04 | 3 |
| Sour cream | Breakstone | USA | 0.01 | 6 |
| Sour cream | Store Brand | USA | 0.06 | 3 |
| Sour cream | Tine, Norway | Norway | 0.15 | 3 |
| Sour cream | Other Brand | USA | 0.03 | 6 |
| Sour cream, low fat | Tine, Norway | Norway | 0.09 | 3 |
| Vanilla milkshake | McDonald's | USA | 0.12 | 6 |
| Wendy's Ice | Wendy's | USA | 0.00 | 6 |
| Yogurt | Store Brand | USA | 0.04 | 6 |
| Yogurt, 99% fat free, strawberry | Yoplait | USA | 0.11 | 6 |
| Yogurt, frozen, chocolate | Other Brand | USA | 0.45 | 6 |

Category 5 Dairy and dairy products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Yogurt, frozen, fat free, vanilla | Edy's/Dreyer's | USA | 0.06 | 6 |
| Yogurt, frozen, vanilla | Other Brand | USA | 0.05 | 6 |
| Yogurt, mixed wild berries | Tine, Norway | Norway | 0.25 | 3 |
| Yogurt, original | Tine, Norway | Norway | 0.06 | 3 |
| Yogurt, prunes | Tine, Norway | Norway | 0.11 | 3 |
| Yogurt, strawberries | Tine, Norway | Norway | 0.08 | 3 |
| Yogurt, strawberry, fruit on the bottom | Dannon | USA | 0.13 | 6 |

Category 6 Desserts and cakes

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Apple pie | Berthas | Norway | 0.19 | 3 |
| Brownies | 7 eleven | Norway | 0.60 | 3 |
| Bun, with cinnamon | ICA | Norway | 0.50 | 3 |
| Bun, with cinnamon and vanilla cream | ICA | Norway | 0.37 | 3 |
| Bun, with currants | Bakers, Norway | Norway | 0.46 | 3 |
| Cake frosting, chocolate, ready-to-spread, creamy chocolate | Pillsbury | USA | 0.80 | 6 |
| Cake frosting, chocolate, ready-to-spread, creamy homestyle classic chocolate | Duncan Hines | USA | 0.92 | 6 |
| Cake frosting, chocolate, ready-to-spread, creamy homestyle milk chocolate | Duncan Hines | USA | 1.01 | 6 |
| Cake frosting, chocolate, ready-to-spread, creamy milk chocolate | Pillsbury | USA | 1.09 | 6 |
| Cake frosting, chocolate, ready-to-spread, rich & creamy | Betty Crocker | USA | 0.81 | 6 |
| Cake frosting, vanilla, ready-to-spread, creamy | Pillsbury | USA | 0.09 | 6 |
| Cake frosting, vanilla, ready-to-spread, creamy homestyle | Duncan Hines | USA | 0.04 | 6 |
| Cake frosting, vanilla, ready-to-spread, rich & creamy | Betty Crocker | USA | 0.15 | 6 |
| Cake mix, chocolate devils food cake mix, dry, Super Moist | Betty Crocker | USA | 0.69 | 6 |
| Cake mix, chocolate devils food cake mix, dry, Moist Deluxe | Duncan Hines | USA | 0.90 | 6 |
| Cake mix, chocolate devils food cake mix, dry, Moist Supreme | Pillsbury | USA | 0.98 | 6 |

Category 6 Desserts and cakes continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Cake Mix, chocolate devils food cake mix, prepared, moist deluxe | Duncan Hines | USA | 0.38 | 6 |
| Cake mix, chocolate devils food cake mix, prepared, super moist | Betty Crocker | USA | 0.43 | 6 |
| Chocolate cake | Studentkafeen A/S, Norway | Norway | 0.38 | 3 |
| Chocolate cake, filled | Baker Nordby, Norway | Norway | 0.80 | 3 |
| Chocolate cake, filled, dark, Sachertorte | Take away bakery | Norway | 0.71 | 3 |
| Chocolate devils food cake mix, moist supreme, prepared | Pillsbury | USA | 0.61 | 6 |
| Chocolate muffin, with chocolate chips | 7 eleven | Norway | 0.93 | 3 |
| Cini-Minis | Burger King | USA | 0.61 | 6 |
| Cookies, chocolate chip | Chunky Chips Ahoy | USA | 2.23 | 6 |
| Cookies, chocolate chip | Entenmann's | USA | 1.38 | 6 |
| Cookies, chocolate chip | Store Brand | USA | 1.29 | 6 |
| Cookies, chocolate chip | Chips Ahoy | USA | 1.72 | 6 |
| Cookies, chocolate chip | 7 eleven | Norway | 0.60 | 3 |
| Cookies, chocolate chip | Chips Deluxe | USA | 1.00 | 6 |
| Cookies, chocolate chip cookies, with hazelnuts | The horizon Biscuit Company Limited, England | Norway | 0.88 | 3 |
| Cookies, chocolate with vanilla creme filling | Oreo | USA | 1.84 | 6 |
| Cookies, chocolate with vanilla creme filling | Store Brand | USA | 1.56 | 6 |
| Cookies, chocolate with vanilla creme filling, double stuf | Oreo | USA | 1.54 | 6 |
| Cupcakes, chocolate | Hostess | USA | 1.15 | 6 |
| Cupcakes, chocolate | Little Debbie | USA | 0.97 | 6 |
| Doughnuts with candy sprinkles | 7 eleven | Norway | 0.26 | 3 |
| Doughnuts, cake, chocolate covered | Store Brand | USA | 0.29 | 6 |

Category 6 Desserts and cakes continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Doughnuts, cake, chocolate covered | Hostess Donettes | USA | 0.87 | 6 |
| Doughnuts, cake, plain | Store Bakery or prepackaged | USA | 0.14 | 6 |
| Doughnuts, chocolate-glazed | 7 eleven | Norway | 0.45 | 3 |
| Doughnuts, glazed, plain | Store Brand | USA | 0.18 | 6 |
| Doughnuts, glazed, plain | Krispy Kreme | USA | 0.16 | 6 |
| Doughnuts, mini-cake-type with powdered sugar | Hostess Donettes | USA | 0.11 | 6 |
| Doughnuts, original glazed | 7 eleven | Norway | 0.32 | 3 |
| Frosty dairy dessert | Wendy's | USA | 0.16 | 6 |
| Fruit dessert | Nora, Stabburet, Norway | Norway | 0.29 | 3 |
| Fruit dessert, red | Nora, Stabburet, Norway | Norway | 0.38 | 3 |
| Ice-type novelties, containing fruit juice | Popsicle Scribblers | USA | 0.10 | 6 |
| Ice-type novelties, regular, cherry flavor | Popsicle Ice Bar | USA | 0.01 | 6 |
| Ice-type novelties, regular, grape flavor | Popsicle Ice Bar | USA | 0.01 | 6 |
| Ice-type novelties, regular, orange flavor | Popsicle Ice Bar | USA | 0.01 | 6 |
| Ice-type novelties, sugar free, cherry flavor | Popsicle Ice Bar | USA | 0.09 | 6 |
| Ice-type novelties, sugar free, grape flavor | Popsicle Ice Bar | USA | 0.09 | 6 |
| Ice-type novelties, sugar free, orange flavor | Popsicle Ice Bar | USA | 0.09 | 6 |
| Jello, snack, strawberry flavor | Hunts Juicy Gels | USA | 0.03 | 6 |
| Jello, snack, strawberry flavor | Jell-O | USA | 0.00 | 6 |
| Jello, snack, strawberry/orange flavor | Jell-O | USA | 0.01 | 6 |
| Jello, snack, strawberry/orange flavor | Hunts Juicy Gels | USA | 0.01 | 6 |
| Jello, with gooseberry flavor, powder, prepared | Freia, Norway | Norway | 0.00 | 3 |
| Jello, with strawberry flavor | Tine, Norway | Norway | 0.05 | 3 |

Category 6 Desserts and cakes continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Muffin with blueberries | 7 eleven | Norway | 0.46 | 3 |
| Muffin with blueberries | Store Brand | USA | 0.46 | 6 |
| Muffin with blueberries, Mini Muffins | Hostess | USA | 0.37 | 6 |
| Pancakes, buttermilk frozen, microwave | Hungry Jack | USA | 0.17 | 6 |
| Pancakes, buttermilk, frozen, microwaved | Aunt Jemima | USA | 0.07 | 6 |
| Pancakes, buttermilk, frozen, microwaved | Eggo | USA | 0.10 | 6 |
| Pancakes, buttermilk, frozen, toasted | Eggo | USA | 0.13 | 6 |
| Pancakes, buttermilk, frozen, toasted | Hungry Jack | USA | 0.27 | 6 |
| Pancakes, buttermilk, frozen, uncooked | Hungry Jack | USA | 0.23 | 6 |
| Pancakes, buttermilk, frozen, uncooked | Eggo | USA | 0.14 | 6 |
| Pie crust, frozen deep dish, regular fat | Store Brand | USA | 0.05 | 6 |
| Pie crust, frozen deep dish, regular fat | Marie Callender's | USA | 0.01 | 6 |
| Pie crust, frozen deep dish, regular fat | Pillsbury Pet-Ritz | USA | 0.05 | 6 |
| Pie crust, frozen deep dish, regular fat, baked | Store Brand | USA | 0.15 | 6 |
| Pie crust, frozen deep dish, regular fat, baked | Pillsbury Pet-Ritz | USA | 0.21 | 6 |
| Pie crust, frozen deep dish, regular fat, baked | Marie Callender's | USA | 0.17 | 6 |
| Pie crust, frozen, regular fat | Store Brand | USA | 0.08 | 6 |
| Pie crust, frozen, regular fat, baked | Store Brand | USA | 0.31 | 6 |
| Prune dessert | Nora, Stabburet, Norway | Norway | 0.67 | 3 |
| Pudding mix, chocolate, cook & serve | Jell-O | USA | 2.24 | 6 |
| Pudding mix, chocolate, sugar free, cook & serve | Jell-O | USA | 4.10 | 6 |
| Pudding mix, chocolate, sugar-free, fat-free instant | Jell-O | USA | 2.74 | 6 |

Category 6 Desserts and cakes continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| pudding mix, vanilla, sugar-free, fat-free instant | Jell-O | USA | 0.37 | 6 |
| pudding mix, vanilla, cook & serve | Jell-O | USA | 0.14 | 6 |
| pudding mix, vanilla, instant | Jell-O | USA | 0.13 | 6 |
| pudding mix, vanilla, sugar free, cook & serve | Jell-O | USA | 0.75 | 6 |
| Pudding, caramel, Piano, ready-to-eat | Tine, Norway | Norway | 0.03 | 3 |
| Pudding, chocolate, Piano, ready-to-eat | Tine, Norway | Norway | 0.35 | 3 |
| Pudding, handi snacks pudding, vanilla flavor | Kraft | USA | 0.05 | 6 |
| Pudding, handi snacks, chocolate flavor | Kraft | USA | 0.41 | 6 |
| Pudding, refrigerated fat free, snack pack, tapioca flavor | Jell-O | USA | 0.08 | 6 |
| Pudding, refrigerated, snack pack, chocolate flavor | Jell-O | USA | 0.40 | 6 |
| Pudding, refrigerated, snack pack, chocolate flavor | Swiss Miss | USA | 0.31 | 6 |
| Pudding, refrigerated, snack pack, vanilla flavor | Jell-O | USA | 0.02 | 6 |
| Pudding, refrigerated, tapioca flavor | Swiss Miss | USA | 0.04 | 6 |
| Pudding, refrigerated, vanilla flavor | Swiss Miss | USA | 0.06 | 6 |
| Pudding, snack pack, chocolate flavor | Hunt's | USA | 0.26 | 6 |
| Pudding, snack pack, tapioca flavor | Hunt's | USA | 0.03 | 6 |
| Pudding, snack pack, vanilla flavor | Hunt's | USA | 0.06 | 6 |
| Soup, dog rose | Ekströms | Norway | 2.79 | 3 |
| Toaster pastries, strawberry, frosted | Store Brand | USA | 0.18 | 6 |
| Toaster pastries, strawberry, frosted | Kellogg's Pop Tarts | USA | 0.15 | 6 |
| Toaster pastries, strawberry, frosted, toasted | Store Brand | USA | 0.28 | 6 |

Category 6 Desserts and cakes continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Toaster pastries, strawberry, frosted, toasted | Kellogg's Pop Tarts | USA | 0.28 | 6 |
| Toaster pastries, strawberry, plain (not frosted) | Store Brand | USA | 0.17 | 6 |
| Toaster pastries, strawberry, plain (not frosted) | Kellogg's Pop Tarts | USA | 0.16 | 6 |
| Toaster pastries, strawberry, plain, toasted (not frosted) | Store Brand | USA | 0.31 | 6 |
| Waffels | Baker Nordby, Norway | Norway | 0.21 | 3 |
| Waffles, buttermilk, frozen | Aunt Jemima | USA | 0.12 | 6 |
| Waffles, buttermilk, frozen | Eggo | USA | 0.08 | 6 |
| Waffles, buttermilk, frozen, microwaved | Eggo | USA | 0.07 | 6 |
| Waffles, buttermilk, frozen, microwaved | Aunt Jemima | USA | 0.12 | 6 |
| Waffles, buttermilk, frozen, toasted | Downyflake | USA | 0.16 | 6 |
| Waffles, buttermilk, frozen, toasted | Store Brand | USA | 0.20 | 6 |
| Waffles, buttermilk, frozen, toasted | Eggo | USA | 0.11 | 6 |
| Waffles, buttermilk, frozen, toasted | Hungry Jack | USA | 0.20 | 6 |
| Waffles, regular, frozen | Eggo | USA | 0.07 | 6 |
| Waffles, regular, frozen | Store Brand | USA | 0.10 | 6 |
| Waffles, regular, frozen microwaved | Eggo | USA | 0.06 | 6 |
| Waffles, regular, frozen, microwaved | Store Brand | USA | 0.09 | 6 |
| Waffles, regular, frozen, toasted | Store Brand | USA | 0.17 | 6 |
| Waffles, regular, frozen, toasted | Aunt Jemima | USA | 0.17 | 6 |
| Waffles, regular, frozen, toasted | Downyflake | USA | 0.16 | 6 |
| Waffles, regular, frozen, toasted | Eggo | USA | 0.11 | 6 |

Category 7 Egg

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Egg, beaters | Beatrice Foods | USA | 0.00 | 3 |
| Egg, scrambled, with milk | Prior, Norway | Norway | 0.08 | 3 |
| Egg, whites | Prior, Norway | Norway | 0.00 | 3 |
| Egg, whites | | USA | 0.01 | 6 |
| Egg, whole | Prior, Norway | Norway | 0.06 | 3 |
| Egg, whole | Store Brand | USA | 0.04 | 6 |
| Egg, whole | | USA | 0.02 | 6 |
| Egg, whole, fried | | USA | 0.05 | 6 |
| Egg, whole, hard cooked | | USA | 0.04 | 6 |
| Egg, yolk | Prior, Norway | Norway | 0.16 | 3 |
| Egg, yolk | Norgården | Norway | 0.05 | 3 |
| Egg, yolk | | USA | 0.02 | 6 |

Category 8 Fats and oils

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Butter | Tine, Norway | Norway | 0.73 | 1, 3 |
| Butter, Tine smør, Ekte Meierismør | Tine, Norway | Norway | 0.36 | 1, 3 |
| Canola and corn oil blend | Store Brand | USA | 0.29 | 2, 6 |
| Canola and corn oil blend | Mazola Right Blend | USA | 0.19 | 2, 6 |
| Canola oil | Store Brand | USA | 0.39 | 2, 6 |
| Canola oil | Crisco | USA | 0.48 | 2, 6 |
| Canola oil | Mazola | USA | 0.46 | 2, 6 |
| Canola oil | Wesson | USA | 0.51 | 2, 6 |
| Canola oil, cold-pressed | AFB Askim Frukt- og Bærpresseri, Norway | Norway | 0.44 | 2, 3 |
| Corn oil | Mazola | USA | 0.34 | 2, 6 |
| Corn oil | Store Brand | USA | 0.33 | 2, 6 |
| Corn oil | Euro Shopper | Norway | 0.49 | 2, 3 |
| Margarine, Brelett Oliven, light | Fjordland, Norway | Norway | 0.44 | 1, 3 |
| Margarine, Brelett, light | Fjordland, Norway | Norway | 0.52 | 1, 3 |
| Margarine, Bremykt | Fjordland, Norway | Norway | 0.40 | 1, 3 |
| Margarine, Melange | Mills, Norway | Norway | 1.50 | 1, 3 |
| Margarine, Per | A/S Margarinfabrikken, Norway | Norway | 1.66 | 1, 3 |
| Margarine, Soft Flora | Mills, Norway | Norway | 1.38 | 1, 3 |
| Margarine, Soft light | Mills, Norway | Norway | 1.00 | 1, 3 |
| Margarine, Soya | A/S Margarinfabrikken, Norway | Norway | 1.53 | 1, 3 |
| Olive oil | Store Brand | USA | 0.23 | 2, 6 |
| Olive oil, extra virgin | Bertolli | USA | 0.25 | 2, 6 |
| Olive oil, extra virgin | Eldorado | Norway | 0.41 | 1, 3 |
| Olive oil, extra virgin | Gaea, Greece | Norway | 0.29 | 2, 3 |
| Olive oil, extra virgin | Ybarra, Spain | Norway | 0.36 | 2, 3 |
| Olive oil, extra virgin | Pompeian | USA | 0.31 | 2, 6 |
| Olive oil, extra virgin, Fraticello | Pietro Coricelli, Italy | Norway | 0.19 | 2, 3 |

**Category 8 Fats and oils
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Olive oil, extra virgin, Kalamata D.O.P. | Gaea, Greece | Norway | 0.31 | 2, 3 |
| Olive oil, extra virgin, Sitia-crete D.O.P. | Gaea, Greece | Norway | 0.28 | 2, 3 |
| Olive oil, Kalamata extra virgin, golden selection | Iliada, Greece | Norway | 0.29 | 2, 3 |
| Olive oil, Kalamata extra virgin, organic farming | Iliada, Greece | Norway | 0.25 | 2, 3 |
| Soy bean oil | Mills, Norway | Norway | 0.47 | 2, 3 |
| Soy bean oil | Mazola Vegetable Oil | USA | 0.35 | 2, 6 |
| Soy bean oil | Store Brand | USA | 0.53 | 2, 6 |
| Soy bean oil | Wesson Vegetable Oil | USA | 0.43 | 2, 6 |
| Sunflower oil | Euro Shopper | Norway | 0.33 | 2, 3 |
| Vegetable oil | Store Brand | USA | 0.34 | 2, 6 |
| Vegetable oil | Crisco | USA | 0.41 | 2, 6 |

Category 9 Fish and seafood

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Crab, canned | Bumble Bee | USA | 0.12 | 6 |
| Fish sticks, breaded, frozen, baked, Crunchy Fish Sticks | Van De Kamp's | USA | 0.08 | 6 |
| Fish sticks, breaded, frozen, baked, Crunchy Golden Fish Sticks | Gortons | USA | 0.07 | 6 |
| Fish sticks, breaded, frozen, baked, Select Cuts Crunchy Fish Sticks | Mrs Paul's | USA | 0.08 | 6 |
| Fish sticks, breaded, frozen, Crunchy Fish Sticks | Van De Kamp's | USA | 0.07 | 6 |
| Fish sticks, breaded, frozen, Crunchy Golden Fish Sticks | Gorton's | USA | 0.06 | 6 |
| Fish sticks, breaded, frozen, Select Cuts Crunchy Fish Sticks | Mrs Paul's | USA | 0.07 | 6 |
| Kapenta, dried | Wopanada McHere, Malawi | Malawi | 0.65 | 3 |
| Mackerel, fried | Norway | Norway | 0.12 | 3 |
| Mackerel, raw | Norway | Norway | 0.11 | 3 |
| Orange roughy, fillets | USA | USA | 0.03 | 6 |
| Orange roughy, fillets, baked | USA | USA | 0.04 | 6 |
| Pollock burger, fried | Fiskern Maritime Produkter, Norway | Norway | 0.20 | 3 |
| Pollock filet, raw | Norway | Norway | 0.04 | 3 |
| Prawns, peeled, cooked | Reinhartsen Seafood, Denmark | Norway | 0.24 | 3 |
| Salmon, pink, canned with skin and bones | Other Brand | USA | 0.08 | 6 |
| Salmon, pink, canned with skin and bones | Bumble Bee | USA | 0.07 | 6 |
| Salmon, pink, canned with skin and bones | Chicken of the Sea | USA | 0.07 | 6 |
| Salmon, pink, canned with skin and bones | Store Brand | USA | 0.07 | 6 |
| Salmon, raw | Norway | Norway | 0.03 | 3 |

**Category 9 Fish and seafood
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Salmon, Red/Sockeye, canned with skin and bones | Bumble Bee | USA | 0.10 | 6 |
| Salmon, Red/Sockeye, canned with skin and bones | Chicken of the Sea | USA | 0.08 | 6 |
| Salmon, Red/Sockeye, canned with skin and bones | Other Brand | USA | 0.06 | 6 |
| Salmon, Red/Sockeye, canned with skin and bones | Store Brand | USA | 0.13 | 6 |
| Shrimp, canned, cooked | Orleans or Bumblebee | USA | 0.04 | 6 |
| Tilapia, fillets, baked | USA | USA | 0.14 | 6 |
| Tilapia, fillets, raw | USA | USA | 0.08 | 6 |
| Tuna, canned, chunk, light, in water | Bumble Bee | USA | 0.10 | 6 |
| Tuna, canned, chunk, light, in water | Star Kist | USA | 0.09 | 6 |
| Tuna, canned, chunk, light, in water | Store Brand | USA | 0.12 | 6 |
| Tuna, canned, in oil | Diva | Norway | 0.21 | 3 |
| Tuna, canned, in water | Chicken of the Sea | USA | 0.09 | 6 |

Category 10 Fruit and fruit juices

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Apples, Composite of Red Delicious, Golden Delicious, Granny Smith, Gala, & Fuji, | | USA | 0.31 | 6 |
| Apples, dried | Eldorado, Germany | Norway | 1.86 | 3 |
| Apples, dried | Fruit Zone, Horizon Food, UK | Norway | 3.49 | 3 |
| Apples, dried (Tasmanian dried apples) | Australia | New Zealand | 6.07 | 3 |
| Apples, Fuji | | USA | 0.22 | 6 |
| Apples, Gala | | USA | 0.25 | 6 |
| Apples, Gala | Italy | Norway | 0.22 | 3 |
| Apples, Golden Delicious | New Zealand | Norway | 0.15 | 3 |
| Apples, Golden Delicious | | USA | 0.26 | 6 |
| Apples, Golden Delicious, without peel | | USA | 0.10 | 6 |
| Apples, Granny Smith | | USA | 0.54 | 6 |
| Apples, Granny Smith | Le Crunch | Norway | 0.51 | 3 |
| Apples, green, Greenstar | Fruitmaster, Netherlands | Norway | 1.22 | 3 |
| Apples, red, Fuji | China | Norway | 0.40 | 3 |
| Apples, red, Pink Lady | VOG Terlano, Italy | Norway | 0.35 | 3 |
| Apples, red, Pinova | Coop, Italy | Norway | 0.57 | 3 |
| Apples, red, Red Delicious | | USA | 0.40 | 6 |
| Apples, red, Red Delicious, ecological | Friland, Italy | Norway | 0.48 | 3 |
| Apples, red, Red Delicious, without peel | | USA | 0.08 | 6 |
| Apricots | | Norway | 0.52 | 3 |
| Apricots, canned, drained | Diva | Norway | 0.14 | 3 |
| Apricots, dried | India | India | 1.32 | 3 |
| Apricots, dried | Sunsweet, Turkey | Norway | 3.23 | 3 |
| Apricots, dried | Buyers Choice | New Zealand | 4.67 | 3 |
| Apricots, dried | Diva | Norway | 3.23 | 3 |
| Banana | | USA | 0.34 | 6 |
| Banana | Del Monte | Norway | 0.27 | 3 |
| Banana | Mali | Mali | 0.08 | 3 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Cherries | | USA | 0.35 | 6 |
| Cherries, sour, canned, heavy syrup, total can contents | Del Monte | USA | 1.65 | 6 |
| Cherries, sour, canned, water pack, drained liquid | Oregon and Kroger | USA | 1.66 | 6 |
| Cherries, sour, canned, water pack, drained liquid | Kroger and Red Tart | USA | 1.72 | 6 |
| Cherries, sour, canned, water pack, drained solids | Oregon and Kroger | USA | 2.01 | 6 |
| Cherries, sour, canned, water pack, drained solids | Kroger and Red Tart | USA | 2.04 | 6 |
| Clementines | | USA | 0.74 | 6 |
| Clementines | | Norway | 0.99 | 3 |
| Clementines | Gamma, Spania | Norway | 0.75 | 3 |
| Clementines | Cevita | Norway | 0.95 | 3 |
| Currant (raisins of Korinth) | | Norway | 0.67 | 3 |
| Dates | | Norway | 1.04 | 3 |
| Dates | Mali | Mali | 0.95 | 3 |
| Dates, Deglet Noor | | USA | 0.72 | 6 |
| Dates, dried | Mali | Mali | 1.53 | 3 |
| Dates, dried, Chuhare | India | India | 1.88 | 3 |
| Dates, Medjool | | USA | 0.56 | 6 |
| Figs | Turkey | Norway | 0.73 | 3 |
| Figs | | USA | 0.78 | 6 |
| Figs, dried | Sunsweet, Turkey | Norway | 0.75 | 3 |
| Figs, dried | Smyrna, Turkey | Norway | 0.76 | 3 |
| Figs, dried | Dessert Maid, Australia | New Zealand | 0.42 | 3 |
| Figs, dried | India | India | 1.08 | 3 |
| Figs, dried, Calimyrna | Sun Maid, USA | Norway | 1.83 | 3 |
| Figs, dried, Mission | Sun Maid, USA | Norway | 1.31 | 3 |
| Fruit from the African Baobab tree | Malawi | Malawi | 10.84 | 4 |
| Fruit salad, traditional, in natural juice | Golden Cicle, Australia | New Zealand | 0.36 | 3 |
| Glacè cherries | Home Brand | New Zealand | 0.14 | 3 |
| Grapefruit, red | | USA | 0.59 | 6 |
| Grapefruit, red | Dole | Norway | 0.83 | 3 |
| Grapefruit, yellow | Jaffa | Norway | 0.82 | 3 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Grapes, blue | Chiquita, Chile | Norway | 0.69 | 3 |
| Grapes, blue | Carmel, Israel | Norway | 2.42 | 3 |
| Grapes, blue | Del Monte | Norway | 0.90 | 3 |
| Grapes, blue, Don Mario | Italy | Norway | 0.78 | 3 |
| Grapes, blue, Salvi | Puglia, Italy | Norway | 0.80 | 3 |
| Grapes, green | | USA | 0.13 | 6 |
| Grapes, green | Italy | Norway | 0.41 | 3 |
| Grapes, green, Mario de Cristo | Italy | Norway | 0.30 | 3 |
| Grapes, green, Salvi | Italy | Norway | 0.24 | 3 |
| Grapes, green, without stone | Turkey | Norway | 0.18 | 3 |
| Grapes, red | | USA | 0.32 | 6 |
| Grapes, red | Italy | Norway | 0.47 | 3 |
| Guava | | Norway | 1.21 | 3 |
| Guava, wild | Malawi | Malawi | 1.18 | 4 |
| Honeydew | | USA | 0.12 | 6 |
| Ice, sorbet, mango | Møvenpick, Switzerland | Norway | 0.11 | 3 |
| Jam, apple | Nora, Stabburet, Norway | Norway | 0.86 | 3 |
| Jam, apple | Lerum, Norway | Norway | 0.77 | 3 |
| Japanese plum pulp, paste | | Japan | 0.45 | 3 |
| Juice from canned apricots | Hervik, Norway | Norway | 0.14 | 3 |
| Juice, 4 frukter (4 fruits) | Nora, Stabburet, Norway | Norway | 0.49 | 3 |
| Juice, apple | Hakon, Norway | Norway | 0.12 | 3 |
| Juice, apple | Fellesmeieriet, Norway | Norway | 0.17 | 3 |
| Juice, apple | Very fine | USA | 0.36 | 3 |
| Juice, apple | Roche Bros | USA | 0.20 | 3 |
| Juice, apple | Meierienes, Norway | Norway | 0.19 | 3 |
| Juice, apple | Mott's | USA | 0.41 | 3 |
| Juice, apple | Lerum, Norway | Norway | 0.17 | 3 |
| Juice, apple | Ølen safteri, Norway | Norway | 0.60 | 3 |
| Juice, apple | Nora, Stabburet, Norway | Norway | 0.16 | 3 |
| Juice, apple, calcium enriched, with added vitamin C | Minute Maid | USA | 0.72 | 6 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Juice, apple, God Frokost | Nora, Stabburet, Norway | Norway | 0.16 | 3 |
| Juice, apple, premium | Meierienes, Norway | Norway | 0.47 | 3 |
| Juice, apple, with added vitamin C | Juicy Juice | USA | 0.71 | 6 |
| Juice, apple, with added vitamin C | Mott's | USA | 0.34 | 6 |
| Juice, apple, with added vitamin C | Dole | USA | 0.59 | 6 |
| Juice, apple, with dietary fibre | Nora, Stabburet, Norway | Norway | 0.22 | 3 |
| Juice, Cranapple | Ocean Spray | USA | 0.71 | 6 |
| Juice, fruits with pomegranate | Nora, Stabburet, Norway | Norway | 0.72 | 3 |
| Juice, grape | Fellesmeieriet, Norway | Norway | 1.50 | 3 |
| Juice, grape and grape blends | Welch's | USA | 1.62 | 6 |
| Juice, grape and grape blends, sweetened | Minute Maid | USA | 0.87 | 6 |
| Juice, grape and grape blends, unsweetened | Mott's | USA | 0.69 | 6 |
| Juice, grape and grape blends, unsweetened | Juicy Juice | USA | 0.87 | 6 |
| Juice, grape, purple | Welch's | USA | 1.74 | 3 |
| Juice, grapefruit | Roche Bros | USA | 1.06 | 3 |
| Juice, grapefruit | Mills, Norway | Norway | 0.67 | 3 |
| Juice, grapefruit, red, with pulp | Nora, Stabburet, Norway | Norway | 0.55 | 3 |
| Juice, lemon | Mali | Mali | 0.33 | 3 |
| Juice, mango and pineapple | Bræmhults, Sweden | Norway | 0.34 | 3 |
| Juice, orange | Farmer's Fairtrade | Norway | 0.60 | 3 |
| Juice, orange | Bræmhults, Sweden | Norway | 0.81 | 3 |
| Juice, orange | Delights | Norway | 0.47 | 3 |
| Juice, orange | Mills, Norway | Norway | 0.84 | 3 |
| Juice, orange | Nora, Stabburet, Norway | Norway | 0.61 | 3 |
| Juice, orange | Fellesmeieriet, Norway | Norway | 0.68 | 3 |
| Juice, orange | Eldorado | Norway | 0.71 | 3 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Juice, orange | Mali | Mali | 0.81 | 3 |
| Juice, orange and carrot | Bræmhults, Sweden | Norway | 0.29 | 3 |
| Juice, orange and pineapple | Bræmhults, Sweden | Norway | 0.53 | 3 |
| Juice, orange and pineapple with pulp | Nora, Stabburet, Norway | Norway | 0.51 | 3 |
| Juice, orange and strawberry | Bræmhults, Sweden | Norway | 0.76 | 3 |
| Juice, orange, from concentrate | Dean | USA | 0.58 | 6 |
| Juice, orange, from concentrate | Minute Maid | USA | 0.58 | 6 |
| Juice, orange, from concentrate, with added vitamin C | Minute Maid | USA | 0.76 | 6 |
| Juice, orange, from Florida, with Omega-3 from plant | Nora, Stabburet, Norway | Norway | 0.57 | 3 |
| Juice, orange, frozen concentrate | Store Brand | USA | 2.39 | 6 |
| Juice, orange, frozen concentrate, country style | Minute Maid | USA | 2.36 | 6 |
| Juice, orange, frozen concentrate, original | Minute Maid | USA | 2.51 | 6 |
| Juice, orange, frozen concentrate, pulp free | Minute Maid | USA | 2.35 | 6 |
| Juice, orange, red | Bræmhults, Sweden | Norway | 1.38 | 3 |
| Juice, orange, refrigerated | Store Brand | USA | 0.57 | 6 |
| Juice, orange, refrigerated, premium | Minute Maid | USA | 0.59 | 6 |
| Juice, orange, refrigerated, pure premium | Tropicana | USA | 0.56 | 6 |
| Juice, orange, with pulp | Nora, Stabburet, Norway | Norway | 0.65 | 3 |
| Juice, orange, with pulp | Hakon, Norway | Norway | 0.64 | 3 |
| Juice, orange, with pulp | Mills, Norway | Norway | 0.81 | 3 |
| Juice, orange, with pulp | Fellesmeieriet, Norway | Norway | 0.55 | 3 |
| Juice, orange, with pulp, from Florida | Nora, Stabburet, Norway | Norway | 0.60 | 3 |
| Juice, pineapple | Fellesmeieriet, Norway | Norway | 0.19 | 3 |
| Juice, pineapple | S&W Fine Food, USA | Norway | 0.42 | 3 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Juice, pineapple, canned or bottled, unsweetened | Dole | USA | 0.84 | 6 |
| Juice, pomegranate, freshly squeezed from whole pomegranate | Spain | Norway | 2.57 | 3 |
| Juice, prune | Roche Bros | Norway | 1.14 | 3 |
| Juice, prune | Sunsweet | Norway | 0.83 | 3 |
| Juice, prune, with pulp | Sunsweet | Norway | 1.10 | 3 |
| Juice, Tropisk, original | Meierienes, Norway | Norway | 0.22 | 3 |
| Juice, Vie Shot, apple, carrot, strawberry | Knorr | Denmark | 1.96 | 5 |
| Juice, Vie Shot, banana, pumpkin, kiwi | Knorr | Denmark | 1.00 | 5 |
| Juice, white grape | Welch's | USA | 1.14 | 3 |
| Juice, white grape | Stop&Shop | USA | 0.74 | 3 |
| Juice, with fruits and berries, Noras Antioksidanter med b  b  r og bringeb  r | Nora, Stabburet, Norway | Norway | 1.69 | |
| Kiwano | Delica (NZ) LTD | Norway | 0.05 | 3 |
| Kiwi | | USA | 1.02 | 6 |
| Kiwi, Gold | | USA | 1.63 | 6 |
| Kiwi, green | | Norway | 0.43 | 3 |
| Kiwi, green | Zespri, New Zeland | Norway | 1.02 | 3 |
| Kiwi, yellow | Zespri, New Zeland | Norway | 1.29 | 3 |
| Lemon | Argentina | Norway | 0.56 | 3 |
| Lemon | DANA D`OR, Spain | Norway | 1.02 | 3 |
| Lemon skin | Argentina | Norway | 2.74 | 3 |
| Lemon skin, from lemon ecologically grown | South Africa | Norway | 4.00 | 3 |
| Lemon, ecologically grown | South Africa | Norway | 0.70 | 3 |
| Lemonade syrup, Blackthorn, undiluted | Helios | Norway | 2.44 | 3 |
| Lemonade, grape (ready to drink) | Helios, Germany | Norway | 1.27 | 3 |
| Lime | | USA | 0.47 | 6 |
| Lime | Brasil | Norway | 0.58 | 3 |
| Lime | Netherlands | Norway | 0.73 | 3 |
| Lime skin | Brasil | Norway | 3.05 | 3 |
| Mango | Dole | Norway | 0.33 | 3 |
| Mango | Mali | Mali | 0.23 | 3 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Mango, dried | Northwest Delights, USA | USA | 0.58 | 3 |
| Mango, dried | India | India | 2.82 | 3 |
| Mango, red | Mexico | Norway | 0.37 | 3 |
| Mango, yellow | Pakistan | Norway | 0.36 | 3 |
| Melon, Cantaloupe | Rose, Spain | Norway | 0.19 | 3 |
| Melon, Cantaloupe, small | Nolem, Brazil | Norway | 0.12 | 3 |
| Melon, pattern | Mali | Mali | 0.15 | 3 |
| Melon, yellow | Mali | Mali | 0.29 | 3 |
| Nectar, apple | Eldorado | Norway | 0.11 | 3 |
| Nectar, apple | Mills, Norway | Norway | 0.14 | 3 |
| Nectar, apple with pear | Nora, Stabburet, Norway | Norway | 0.08 | 3 |
| Nectar, orange | Nora, Stabburet, Norway | Norway | 0.34 | 3 |
| Nectar, Sydhavsnektar | Nora, Stabburet, Norway | Norway | 0.40 | 3 |
| Nectar, Tropical | Nora, Stabburet, Norway | Norway | 0.44 | 3 |
| Nectar, Tropical | Fellesmeieriet, Norway | Norway | 0.14 | 3 |
| Nectar, Tropical | Eldorado | Norway | 0.17 | 3 |
| Nectarines | | USA | 0.12 | 6 |
| Olives, black Kalamata, with stone | Regina | Norway | 3.25 | 3 |
| Olives, black, Hojiblanca I, without stone | Mario's, Spain | Norway | 0.35 | 3 |
| Olives, black, without stone | Euro Shopper, Spain | Norway | 0.23 | 3 |
| Olives, black, without stone | Hutesa, Spain | Norway | 0.89 | 3 |
| Olives, green, Hojiblanca I, without stone | Mario's, Spain | Norway | 0.99 | 3 |
| Olives, green, with stone | Marmara, Turkey | Norway | 2.26 | 3 |
| Olives, green, without stone | Olymp, Greece | Norway | 1.01 | 3 |
| Olives, Kalamata, with stone | Gaea, Greece | Norway | 2.11 | 3 |
| Olives, Kalamata, with stone | Iliada, Greece | Norway | 3.13 | 3 |
| Orange | Zenta | Norway | 0.83 | 3 |
| Orange | Outspan, Netherlands | Norway | 1.08 | 3 |
| Oranges, navel | | USA | 0.89 | 6 |
| Papaya | | Norway | 0.76 | 3 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Papaya | Mali | Mali | 0.36 | 3 |
| Papaya, dried | Northwest Delights, USA | USA | 0.14 | 3 |
| Passion fruit, wild, handpicked | Malawi | Malawi | 0.44 | 4 |
| Peaches | | USA | 0.15 | 6 |
| Peaches | | Norway | 0.10 | 3 |
| Peaches, canned in heavy syrup, drained liquid | Store Brand | USA | 0.11 | 6 |
| Peaches, canned in heavy syrup, drained liquid | Libby | USA | 0.10 | 6 |
| Peaches, canned in heavy syrup, drained solids | Store Brand | USA | 0.10 | 6 |
| Peaches, canned in heavy syrup, drained solids | Libby | USA | 0.10 | 6 |
| Peaches, canned in heavy syrup, drained solids | Del Monte | USA | 0.09 | 6 |
| Peaches, canned with syrup | Del Monte | Norway | 0.14 | 3 |
| Peaches, canned with syrup | S&W Fine Food, USA | Norway | 0.37 | 3 |
| Peaches, canned with syrup with spices | S&W Fine Food, USA | Norway | 0.17 | 3 |
| Peaches, canned, in heavy syrup, drained liquid | Del Monte | USA | 0.10 | 6 |
| Pears | Netherlands | Norway | 0.18 | 3 |
| Pears, Bartlett | | USA | 0.22 | 6 |
| Pears, Bartlett, selected halve, premium, canned | S&W Fine Food for Oluf Lorentzen A/S | Norway | 0.10 | 3 |
| Pears, Bosc | | USA | 0.18 | 6 |
| Pears, composite of Bartlett, Green Anjou, and Bosc | | USA | 0.23 | 6 |
| Pears, Green Anjou | | USA | 0.22 | 6 |
| Pears, Red Anjou | | USA | 0.23 | 6 |
| Physalis (Physalis peruviana), wild | Malawi | Malawi | 0.37 | 4 |
| Pineapple | Mali | Mali | 0.29 | 3 |
| Pineapple | | USA | 0.60 | 6 |
| Pineapple, dried | Mariani, USA | USA | 0.18 | 3 |
| Pineapple, Gold | Del Monte | Norway | 1.36 | 3 |
| Pineapples, MDII, Extra Gold | Del Monte | USA | 1.05 | 6 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Plantain | Mali | Mali | 0.17 | 3 |
| Plums | Norway | Norway | 1.02 | 3 |
| Plums | | USA | 0.83 | 6 |
| Plums, Black Diamond | | USA | 1.83 | 6 |
| Plums, dried | Sunsweet, USA | Norway | 3.24 | 3 |
| Plums, red | Forlimpopoli, Italy | Norway | 0.73 | 3 |
| Plums, red | Kitto's | Norway | 1.42 | 3 |
| Plums, red, canned | S&W Fine Food for Oluf Lorentzen A/S | Norway | 0.97 | 3 |
| Pomegranate arils, dried | India | India | 7.28 | 3 |
| Pomegranate, arils | | Norway | 1.94 | 3 |
| Pomegranate, arils | | Norway | 1.76 | 3 |
| Pomegranate, arils and carpellar membrane | | Norway | 9.05 | 3 |
| Pomegranate, arils and juice | | Norway | 2.26 | 3 |
| Pomegranate, dried | | Norway | 5.51 | |
| Pomegranate, freshly squeezed juice | | Norway | 1.59 | 3 |
| Pomegranate, only the white kernels | | Norway | 0.88 | 3 |
| Pomegranate, only yellow pith | Spain | Norway | 55.52 | 3 |
| Pomegranate, sour, arils and juice | Turkey | Norway | 1.59 | |
| Pomegranate, sweet, arils and juice | Spain | Norway | 1.00 | |
| Pomegranate, whole | Meypa, Turkey | Norway | 2.78 | 3 |
| Pomegranate, whole | | Norway | 1.44 | 3 |
| Pomegranate, whole | | Norway | 5.57 | 3 |
| Pomegranate, whole | Spain | Norway | 6.54 | 3 |
| Prune porridge | Nestlé | Norway | 1.54 | 3 |
| Prunes | Eldorado | Norway | 3.70 | 3 |
| Prunes | Sunsweet, USA | Norway | 2.17 | 3 |
| Prunes | Sunsweet, USA | USA | 2.31 | 3 |
| Prunes | Diva | Norway | 1.95 | 3 |
| Prunes | Angas Park, Australia | New Zealand | 2.19 | 3 |
| Prunes | | USA | 2.10 | 6 |
| Raisins | | USA | 0.79 | 6 |
| Raisins | Sun Maid, USA | USA | 1.14 | 3 |
| Raisins | Sunbeam Foods, Australia | New Zealand | 0.79 | 3 |

**Category 10 Fruit and fruit
juices continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Raisins | Sun Maid, USA | Norway | 0.91 | 3 |
| Raisins, big | Arteche, Spain | Norway | 0.92 | 3 |
| Raisins, green | India | India | 0.65 | 3 |
| Sharon | | Norway | 0.39 | 3 |
| Sharon | Italy | Norway | 0.79 | 3 |
| Squash, green (Cucurbita) | | Norway | 0.11 | 3 |
| Sweet cherries | USA | Norway | 0.62 | 3 |
| Sweet cherries, dark, canned | S&W Fine Food for Oluf Lorentzen A/S | Norway | 1.60 | 3 |
| Sweet cherries, dried | Safeway, USA | USA | 4.05 | 3 |
| Syrup from canned cherris | | Norway | 1.68 | 3 |
| Syrup from canned pears | | Norway | 0.10 | 3 |
| Syrup from canned plums | | Norway | 0.79 | 3 |
| Tangerines | | USA | 0.62 | 6 |
| Tangerines, Honey | | USA | 0.44 | 6 |
| Watermelon | | USA | 0.18 | 6 |
| Watermelon | Mali | Mali | 0.02 | 3 |
| Watermelon, red, seedless | Bouquet, Spania | Norway | 0.06 | 3 |
| Watermelon, yellow, seedless | Bouquet, Spania | Norway | 0.04 | 3 |

Category 11 Grains and grain products

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Autumn wheat, Bastian | Norwegian University of Life Sciences | Norway | 3.24 | 5 |
| Bagels, frozen | Hatting Bageri, Denmark | Norway | 0.23 | 3 |
| Bagels, plain | Store Bakery | USA | 0.11 | 6 |
| Bagels, plain | Pepperidge Farm | USA | 0.10 | 6 |
| Bagels, plain, frozen | Lenders Original Recipe | USA | 0.11 | 6 |
| Bagels, plain, frozen | Sara Lee | USA | 0.15 | 6 |
| Bagels, plain, frozen, toasted | Sara Lee | USA | 0.29 | 6 |
| Bagels, plain, frozen, toasted | Lenders Original Recipe | USA | 0.24 | 6 |
| Bagels, plain, New York style | Thomas | USA | 0.12 | 6 |
| Bagels, plain, New York style, toasted | Thomas | USA | 0.31 | 6 |
| Bagels, plain, toasted | Store Bakery | USA | 0.40 | 6 |
| Bagels, plain, toasted | Pepperidge Farm | USA | 0.23 | 6 |
| Barley, flour | Regal, Norway | Norway | 0.74 | 3 |
| Barley, flour | Møllerens, Norway | Norway | 1.09 | 3 |
| Barley, pearl barley | Regal, Norway | Norway | 0.94 | 3 |
| Barley, wholemeal flour, crushed | Helios, Norway | Norway | 1.19 | 3 |
| Biscuits, re Fridgerated, Big Country Buttermilk | Pillsbury | USA | 0.01 | 6 |
| Biscuits, re Fridgerated, Buttermilk Fluffy, cooked | Pillsbury Hungry Jack | USA | 0.27 | 6 |
| Biscuits, refrigerated, Big Country Butter Tastin' Fluffy Biscuits, cooked | Pillsbury | USA | 0.28 | 6 |
| Biscuits, refrigerated, Golden Layers Butter Tastin' Biscuits | Pillsbury Hungry Jack | USA | 0.03 | 6 |
| Biscuits, refrigerated, Golden Layers Butter Tastin', cooked | Pillsbury Hungry Jack | USA | 0.19 | 6 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Biscuits, refrigerated, Golden Layers buttermilk | Pillsbury Hungry Jack | USA | 0.08 | 6 |
| Biscuits, refrigerated, Golden Layers buttermilk, cooked | Pillsbury Hungry Jack | USA | 0.33 | 6 |
| Biscuits, refrigerated, Grands Butter Tastin' Biscuits | Pillsbury | USA | 0.08 | 6 |
| Biscuits, refrigerated, Grands Butter Tastin' Biscuits, cooked | Pillsbury | USA | 0.26 | 6 |
| Biscuits, refrigerated, Grands Buttermilk Biscuits | Pillsbury | USA | 0.02 | 6 |
| Biscuits, refrigerated, Grands Buttermilk Biscuits, cooked | Pillsbury | USA | 0.16 | 6 |
| Bread crumbs, plain | Colonna | USA | 0.32 | 6 |
| Bread crumbs, plain | Store Brand | USA | 0.31 | 6 |
| Bread crumbs, plain | Progresso | USA | 0.32 | 6 |
| Bread crumbs, seasoned | Store Brand | USA | 0.40 | 6 |
| Bread crumbs, seasoned, garlic & herb | Progresso | USA | 0.47 | 6 |
| Bread crumbs, seasoned, italian style | Progresso | USA | 0.42 | 6 |
| Bread crumbs, seasoned, Parmesan cheese | Progresso | USA | 0.37 | 6 |
| Bread, Graham | Bakers, Norway | Norway | 0.46 | 3 |
| Bread, white | Plaza bakeri, Norway | Norway | 0.20 | 3 |
| Bread, white | Bakers, Norway | Norway | 0.30 | 3 |
| Bread, with fibre/wholemeal | Plaza bakeri, Norway | Norway | 0.63 | 3 |
| Bread, with fibre/wholemeal, Birkebeiner | Bakers, Norway | Norway | 0.41 | 3 |
| Bread, with fibre/wholemeal, Panda | Plaza bakeri, Norway | Norway | 0.53 | 3 |
| Bread, with fibre/wholemeal, with walnuts | Åpent bakeri, Norway | Norway | 3.11 | 3 |
| Buckwheat, white flour | Helios, Norway | Norway | 1.73 | 3 |
| Buckwheat, white flour | Nutana, Denmark | Norway | 1.08 | 3 |
| Buckwheat, wholemeal flour | Nutana, Denmark | Norway | 2.24 | 3 |
| Buckwheat, wholemeal flour | Helios, Norway | Norway | 1.83 | 3 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Bulgur | Edel | Norway | 0.20 | 3 |
| Bulgur, prepared | Edel | Norway | 0.04 | 3 |
| Colosseo (durum) | Norwegian University of Life Sciences | Norway | 2.59 | 5 |
| Common millet, white flour | Mali | Mali | 0.36 | 3 |
| Common millet, white flour | E. Zwicky, Switzerland | Norway | 0.14 | 3 |
| Common millet, wholemeal flour | Mali | Mali | 0.82 | 3 |
| Corn Grits, white, instant | Store Brand | USA | 0.12 | 6 |
| Corn Grits, white, instant | Quaker | USA | 0.18 | 6 |
| Corn Grits, white, instant, microwave cooked | Store Brand | USA | 0.02 | 6 |
| Corn Grits, white, instant, microwave cooked | Quaker | USA | 0.03 | 6 |
| Corn Grits, white, instant, prepared with boiling water | Quaker | USA | 0.05 | 6 |
| Corn Grits, white, instant, prepared with boiling water | Store Brand | USA | 0.03 | 6 |
| Corn Grits, white, quick | Store Brand | USA | 0.14 | 6 |
| Corn Grits, white, quick | Quaker | USA | 0.22 | 6 |
| Corn Grits, white, quick, cooked on stovetop | Quaker | USA | 0.06 | 6 |
| Corn Grits, white, quick, cooked on stovetop | Store Brand | USA | 0.04 | 6 |
| Corn Grits, white, quick, microwave cooked | Store Brand | USA | 0.04 | 6 |
| Corn Grits, white, quick, microwave cooked | Quaker | USA | 0.05 | 6 |
| Corn Grits, yellow, cooked on stovetop | Quaker | USA | 0.28 | 6 |
| Corn Grits, yellow, quick | Store Brand | USA | 0.19 | 6 |
| Corn Grits, yellow, quick, cooked on stovetop | Quaker | USA | 0.08 | 6 |
| Corn Grits, yellow, quick, cooked on stovetop | Store Brand | USA | 0.08 | 6 |
| Corn Grits, yellow, quick, microwave cooked | Store Brand | USA | 0.06 | 6 |
| Corn Grits, yellow, quick, microwave cooked | Quaker | USA | 0.08 | 6 |
| Corn Meal, degermed | Name Brand | USA | 0.40 | 6 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Corn Meal, degermed | Store Brand | USA | 0.27 | 6 |
| Corn tortillas, refrigerated | El Toro | USA | 0.48 | 6 |
| Corn tortillas, refrigerated | Guerrero | USA | 0.40 | 6 |
| Corn tortillas, refrigerated | Don Pancho | USA | 0.38 | 6 |
| Corn, whole kernel, canned, drained liquid | Lakeside Foods | USA | 0.17 | 6 |
| Corn, whole kernel, canned, drained solids | Lakeside Foods | USA | 0.19 | 6 |
| Couscous | Ferrero | Norway | 0.06 | 3 |
| Couscous, swelled | Ferrero | Norway | 0.07 | 3 |
| Cream of Wheat, cooked on stovetop, 1 minute | Nabisco | USA | 0.02 | 6 |
| Cream of Wheat, cooked on stovetop, 1 minute | Store Brand | USA | 0.02 | 6 |
| Cream of Wheat, cooked on stovetop, 2 1/2 minute | Store Brand | USA | 0.03 | 6 |
| Cream of Wheat, cooked on stovetop, 2 1/2 minutes | Nabisco | USA | 0.03 | 6 |
| Cream of Wheat, instant, microwave cooked | Store Brand | USA | 0.02 | 6 |
| Cream of Wheat, instant, microwave cooked | Nabisco | USA | 0.02 | 6 |
| Cream of Wheat, instant, not prepared | Kraft Foods North Amerika, INC | USA | 0.17 | 3 |
| Cream of Wheat, instant, prepared (boiled) | Kraft Foods North Amerika, INC | USA | 0.05 | 3 |
| Cream of Wheat, instant, prepared with boiling water | Nabisco | USA | 0.01 | 6 |
| Cream of Wheat, instant, prepared with boiling water | Store Brand | USA | 0.04 | 6 |
| Cream of Wheat, microwave cooked, 2 1/2 minute | Store Brand | USA | 0.03 | 6 |
| Cream of Wheat, microwave cooked, 2 1/2 minutes | Nabisco | USA | 0.03 | 6 |
| Crispbread, brown | Hakon, Norway | Norway | 0.93 | 3 |
| Crispbread, brown, rye-crisp | Ryvita, England | Norway | 1.13 | 3 |
| Crispbread, brown, Wasa Husmann | Wasabrød AB, Sweden | Norway | 1.11 | 3 |
| Crispbread, white, Frokost | Hakon, Norway | Norway | 0.43 | 3 |
| Crispbread, white, Wasa Frukost | Wasabrød AB, Sweden | Norway | 0.43 | 3 |
| Dinner rolls, brown and serve rolls | Any Brand | USA | 0.07 | 6 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Dinner rolls, brown and serve rolls, cooked | Any Brand | USA | 0.09 | 6 |
| Dinner rolls, soft dinner rolls, country style | Pepperidge Farm | USA | 0.05 | 6 |
| Dinner rolls, soft dinner rolls, country style, cooked | Pepperidge Farm | USA | 0.22 | 6 |
| Dinner rolls, soft dinner rolls, Parker House | Pepperidge Farm | USA | 0.07 | 6 |
| Dinner rolls, soft dinner rolls, Parker House, cooked | Pepperidge Farm | USA | 0.16 | 6 |
| Durum wheat | Helios, Norway | Norway | 0.14 | 3 |
| Durum wheat, brown | Libanon | Norway | 0.35 | 3 |
| Durum wheat, white | Turkey | Norway | 0.29 | 3 |
| Egg noodles, wide | Light 'N Fluffy | USA | 0.07 | 6 |
| Egg noodles, wide | Mueller's | USA | 0.07 | 6 |
| Egg noodles, wide, cooked | Light 'N Fluffy | USA | 0.03 | 6 |
| Egg noodles, wide, cooked | Mueller's | USA | 0.02 | 6 |
| Egg noodles, wide, cooked | Store Brand | USA | 0.04 | 6 |
| Einkorn wheat, triticum monococcum | Norwegian University of Life Sciences | Norway | 0.73 | 5 |
| Elbow macaroni, cooked | Creamette | USA | 0.03 | 6 |
| Elbow macaroni, cooked | Store Brand | USA | 0.03 | 6 |
| English muffins, cinnamon raisin | Thomas | USA | 0.20 | 6 |
| English muffins, cinnamon raisin | Store Brand | USA | 0.21 | 6 |
| English muffins, cinnamon raisin, toasted | Store Brand | USA | 0.36 | 6 |
| English muffins, cinnamon raisin, toasted | Thomas | USA | 0.36 | 6 |
| English muffins, plain | Thomas | USA | 0.04 | 6 |
| English muffins, plain | Store Brand | USA | 0.05 | 6 |
| English muffins, plain, toasted | Store Brand | USA | 0.16 | 6 |
| English muffins, plain, toasted | Thomas | USA | 0.11 | 6 |
| Flour tortillas, refrigerated | Mex American | USA | 0.06 | 6 |
| Flour tortillas, refrigerated | La Favorita | USA | 0.06 | 6 |
| Flour tortillas, refrigerated | Foods of New Mexico | USA | 0.07 | 6 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Fonio, whole grain | Mali | Mali | 0.03 | 3 |
| French bread | Any Brand | USA | 0.17 | 6 |
| French bread, toasted | Store Brand | USA | 0.31 | 6 |
| Hamburger bread, with sesame seeds | Norsk Mat, Norway | Norway | 0.34 | 3 |
| Hamburger/hot dog rolls, hamburger rolls | Store Brand | USA | 0.18 | 6 |
| Hamburger/hot dog rolls, hot dog rolls | Store Brand | USA | 0.17 | 6 |
| Maize cob (Corn cob) | Carmel, Israel | Norway | 0.21 | 3 |
| Maize cob (Corn cob) | Spain | Norway | 0.26 | 3 |
| Maize cob (Corn cob), frozen | Findus, Norway (corn from Hungary) | Norway | 0.25 | 3 |
| Maize cob (Corn cob), frozen | Enghav AS, Norway (corn from Belgium) | Norway | 0.29 | 3 |
| Maize cob (Corn), canned | Diva, Canada | Norway | 0.26 | 3 |
| Maize cob (Corn), dried | India | India | 0.40 | 3 |
| Maize flour, Ufa, made from locally grown white mais | Malawi | Malawi | 0.32 | 3 |
| Maize, white flour | Asia | Norway | 0.88 | 3 |
| Maize, white flour | Moka, Slovenia | Norway | 0.47 | 3 |
| Maize, whole grain | Mali | Mali | 0.10 | 3 |
| Maizena | Bestfoods Nordic A/S | Norway | 0.04 | 3 |
| Millet, white flour | Jalpur, England | Norway | 1.31 | 3 |
| Oat bran | Møllerens, Norway | Norway | 0.27 | 3 |
| Oat patent flour | Regal, Norway | Norway | 0.31 | 3 |
| Oat, flour | Regal, Norway | Norway | 0.50 | 3 |
| Oat, rolled, Bjørn havregryn | Axa | Norway | 0.32 | 3 |
| Oat, rolled, rough oatmeal, precooked | Møllerens, Norway | Norway | 0.70 | 3 |
| Oatmeal porridge with milk and water, prepared | | Norway | 0.06 | 3 |
| Oatmeal porridge with water, Bjørn Havregryn, prepared | Axa | Norway | 0.06 | 3 |
| Oatmeal, instant | Quaker | USA | 0.46 | 6 |
| Oatmeal, instant | Store Brand | USA | 0.45 | 6 |
| Oatmeal, instant, boiled | Quaker | USA | 0.11 | 6 |
| Oatmeal, instant, boiled | Store Brand | USA | 0.10 | 6 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Oatmeal, instant, microwave cooked | Store Brand | USA | 0.09 | 6 |
| Oatmeal, instant, microwave cooked | Quaker | USA | 0.08 | 6 |
| Oatmeal, old fashioned | Store Brand | USA | 0.34 | 6 |
| Oatmeal, old fashioned | Quaker | USA | 0.37 | 6 |
| Oatmeal, old fashioned, boiled | Quaker | USA | 0.11 | 6 |
| Oatmeal, old fashioned, boiled | Store Brand | USA | 0.10 | 6 |
| Oatmeal, old fashioned, microwave cooked | Store Brand | USA | 0.09 | 6 |
| Oatmeal, old fashioned, microwave cooked | Quaker | USA | 0.09 | 6 |
| Oatmeal, quick cooking | Store Brand | USA | 0.36 | 6 |
| Oatmeal, quick cooking, 1-Minute Oats | Quaker | USA | 0.45 | 6 |
| Oatmeal, quick cooking, 1-minute oats, boiled | Quaker | USA | 0.10 | 6 |
| Oatmeal, quick cooking, 1-minute oats, microwave cooked | Quaker | USA | 0.08 | 6 |
| Oatmeal, quick cooking, boiled | Store Brand | USA | 0.09 | 6 |
| Oatmeal, quick cooking, microwave cooked | Store Brand | USA | 0.08 | 6 |
| Oats, rolled, rough oatmeal | Helios, Norway | Norway | 0.54 | 3 |
| Rice | Shakati Bhoug Snacks LTD Dehli | India | 0.16 | 3 |
| Rice porridge | Fjordland, Norway | Norway | 0.06 | 3 |
| Rice, brown, ecologically grown | Urtekram, Denmark | Norway | 0.33 | 3 |
| Rice, brown, grain, Basmati | Tilda, England | Norway | 0.36 | 3 |
| Rice, brown, grain, Basmati, cooked | Tilda, England | Norway | 0.27 | 3 |
| Rice, grain, fast | Ming | Norway | 0.01 | 3 |
| Rice, grain, Jasmin | Hakon, Norway | Norway | 0.02 | 3 |
| Rice, long grain, white | Store Brand | USA | 0.08 | 6 |
| Rice, long grain, white, cooked | Store Brand | USA | 0.02 | 6 |
| Rice, white flour | Risenta | Norway | 0.06 | 3 |
| Rice, white flour | Nutana, Denmark | Norway | 0.05 | 3 |
| Rice, white flour | Thailand | Norway | 0.02 | 3 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Rice, white, cooked, instant | Store Brand | USA | 0.02 | 6 |
| Rice, white, cooked, instant | Minute | USA | 0.03 | 6 |
| Rice, white, extra long grain, cooked | Canilla | USA | 0.03 | 6 |
| Rice, white, extra long grain, cooked, (tap water) | Canilla | USA | 0.03 | 6 |
| Rice, white, grain, instant | Minute | USA | 0.07 | 6 |
| Rice, white, long grain | Canilla | USA | 0.10 | 6 |
| Rice, white, long grain | Store Brand | USA | 0.12 | 6 |
| Rice, white, long grain | Canilla | USA | 0.10 | 6 |
| Rice, white, long grain, american | Eldorado | Norway | 0.14 | 3 |
| Rice, white, long grain, cooked | Store Brand | USA | 0.04 | 6 |
| Rice, white, long grain, cooked | Canilla | USA | 0.04 | 6 |
| Rice, white, long grain, cooked (tap water) | Store Brand | USA | 0.03 | 6 |
| Rice, white, long grain, cooked, (tap water) | Canilla | USA | 0.03 | 6 |
| Rice, white, long grain, parboiled | Uncle Ben's | USA | 0.17 | 6 |
| Rice, white, long grain, parboiled, cooked | Uncle Ben's | USA | 0.12 | 6 |
| Rice, whole grain | Mali | Mali | 0.02 | 3 |
| Rye, flour, sieved | Regal, Norway | Norway | 0.20 | 3 |
| Rye, flour, sieved | Møllerens, Norway | Norway | 0.25 | 3 |
| Rye, squeezed, wholemeal flour | Helios, Norway | Norway | 0.35 | 3 |
| Rye, white flour | Regal, Norway | Norway | 0.20 | 3 |
| Rye, wholemeal flour | Regal, Norway | Norway | 0.50 | 3 |
| Rye, wholemeal, fine | Regal, Norway | Norway | 0.57 | 3 |
| Salmone (brohvet) | Norwegian University of Life Sciences | Norway | 0.84 | 5 |
| Sinskajae | | Japan | 0.68 | 5 |
| Sorghum | Parma | Norway | 0.06 | 3 |
| Sorghum (Sorgam), flour | Jalpur | Norway | 0.30 | 3 |
| Sorghum, whole grain | Mali | Mali | 0.19 | 3 |
| Spaghetti, regular | Store Brand | USA | 0.12 | 6 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Spaghetti, regular | Hakon, Norway | Norway | 0.12 | 3 |
| Spaghetti, regular | Buitoni, Italy | Norway | 0.13 | 3 |
| Spaghetti, regular | Mueller's | USA | 0.12 | 6 |
| Spaghetti, regular | Sopps, Norway | Norway | 0.03 | 3 |
| Spaghetti, regular | Ronzoni | USA | 0.04 | 6 |
| Spaghetti, regular, cooked | San Giorgio | USA | 0.02 | 6 |
| Spaghetti, regular, cooked | Mueller's | USA | 0.04 | 6 |
| Spaghetti, regular, cooked | Store Brand | USA | 0.06 | 6 |
| Spaghetti, regular, cooked | Ronzoni | USA | 0.02 | 6 |
| Spelt, sieved | Regal, Norway | Norway | 0.21 | 3 |
| Spelt, wholemeal flour, ecologically grown | Kvelde Mølle, Norway | Norway | 0.21 | 3 |
| Spelt, wholemeal, grov | Regal, Norway | Norway | 0.16 | 3 |
| Spring wheat, Bastian | Norwegian University of Life Sciences | Norway | 3.31 | 5 |
| Taco shells | Dinner Hakon, Norway | Norway | 0.20 | 3 |
| Taco shells, corn, hard, ready-to-eat | Store Brand | USA | 0.53 | 6 |
| Taco shells, corn, hard, ready-to-eat | Ortega | USA | 0.58 | 6 |
| Taco shells, corn, hard, ready-to-eat | Old El Paso | USA | 0.37 | 6 |
| Taco shells, Mariachi | Meadowlands, Netherlands | Norway | 0.28 | 3 |
| Taco shells, Texmex | Santa Maria, Danske krydderier, Denmark | Norway | 0.27 | 3 |
| Wheat bread | Other Brand | USA | 0.32 | 6 |
| Wheat bread | Store Brand | USA | 0.34 | 6 |
| Wheat bread | Wonder | USA | 0.31 | 6 |
| Wheat bread, toasted | Wonder | USA | 0.54 | 6 |
| Wheat bread, toasted | Store Brand | USA | 0.52 | 6 |
| Wheat bread, toasted | Other Brand | USA | 0.60 | 6 |
| Wheat germ | Møllerens, Norway | Norway | 3.23 | 3 |
| Wheat, white flour | Regal, Norway | Norway | 0.08 | 3 |
| Wheat, white flour, sieved | Møllerens, Norway | Norway | 0.12 | 3 |
| Wheat, white flour, imported | Mali | Mali | 0.18 | 3 |
| Wheat, whole grain | | India | 0.38 | 3 |
| Wheat, wholemeal flour | | Norway | 0.36 | 3 |

Category 11 Grains and grain products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Wheat, wholemeal flour, Graham flour | Helios, Norway | Norway | 0.32 | 3 |
| White bread, sliced | Wonder | USA | 0.15 | 6 |
| White bread, sliced | Store Brand | USA | 0.16 | 6 |
| Whole wheat bread | Oroweat | USA | 0.46 | 6 |
| Whole wheat bread | Nature's Own | USA | 0.51 | 6 |
| Whole wheat bread | Wonder | USA | 0.47 | 6 |
| Whole wheat bread, toasted | Wonder | USA | 1.00 | 6 |
| Whole wheat bread, toasted | Nature's Own | USA | 0.93 | 6 |

Category 12 Herbal / traditional plant medicine

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Amalaki (Amla), powder in capsule | The Himalaya Herbal Health Care | India | 301.14 | 3 |
| Angelicae Radix | Tsumura Pharmaceutical Company, Japan | Japan | 2.96 | 5 |
| Arjuna, powder in capsule | The Himalaya Herbal Health Care | India | 146.95 | 3 |
| Arnica (Arnica montana), flower and seeds, dried | Mexico | Mexico | 36.28 | 3 |
| Arnica (Arnica montana), leaves | Mexico | Mexico | 3.72 | 3 |
| Astragali Radix | Tsumura Pharmaceutical Company, Japan | Japan | 4.87 | 5 |
| Atractylodis Lanceae Rhizoma | Tsumura Pharmaceutical Company, Japan | Japan | 7.37 | 5 |
| Aurantii Nobilis Pericarpium | Tsumura Pharmaceutical Company, Japan | Japan | 17.48 | 5 |
| Ayur Slim, powder in capsule | The Himalaya Herbal Health Care | India | 4.94 | 3 |
| Blood Purifier, powder in capsule | The Himalaya Herbal Health Care | India | 25.42 | 3 |
| Bordelobo | Mexico | Mexico | 17.98 | 3 |
| Brahmi, powder in capsule | The Himalaya Herbal Health Care | India | 10.40 | 3 |
| Bupleuri Radix | Tsumura Pharmaceutical Company, Japan | Japan | 5.66 | 5 |
| Cancerina | Mexico | Mexico | 19.14 | 3 |
| Cascara Sagrada | Mexico | Mexico | 47.15 | 3 |
| Chyavanprash, Dabur | Dabur India Limited | India | 35.70 | 3 |
| Chyavanprash, Zandu in Asli Ghee | The Zandum Pharmaceutical Works | India | 18.32 | 3 |

**Category 12 Herbal /
traditional plant medicine
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Cimicifugae Rhizoma | Tsumura Pharmaceutical Company, Japan | Japan | 64.31 | 5 |
| Cinnamomi Cortex | Tsumura Pharmaceutical Company, Japan | Japan | 120.18 | 5 |
| Cnidii Rhizoma | Tsumura Pharmaceutical Company, Japan | Japan | 6.68 | 5 |
| Digestiv, powder in capsule | The Himalaya Herbal Health Care | India | 7.68 | 3 |
| Domiana de SanLuis | Mexico | Mexico | 10.69 | 3 |
| Eucalipto | Mexico | Mexico | 47.30 | 3 |
| Ginseng Radix | Tsumura Pharmaceutical Company, Japan | Japan | 1.45 | 5 |
| Glycyrrhizae Radix | Tsumura Pharmaceutical Company, Japan | Japan | 11.58 | 5 |
| Goshuyutou, kampo, traditional Chinese medicine from Japan, powder | Japan | Japan | 132.58 | 3 |
| Hochuekkito | Tsumura Pharmaceutical Company, Japan | Japan | 9.67 | 5 |
| Holelen | Tsumura Pharmaceutical Company, Japan | Japan | 2.82 | 5 |
| Huacharable | Mexico | Mexico | 39.18 | 3 |
| Juzentaihoto | Tsumura Pharmaceutical Company, Japan | Japan | 14.18 | 5 |
| Kampo, traditional Chinese medicine from Japan, powder | Japan | Japan | 4.02 | 3 |
| Karela, bitter gourd, powder in capsule | The Himalaya Herbal Health Care | India | 7.57 | 3 |
| Lasuna, garlic, powder in capsule | The Himalaya Herbal Health Care | India | 0.80 | 3 |

**Category 12 Herbal /
traditional plant medicine
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Neem Guard, powder in capsule | | India | 89.23 | 3 |
| Nimba (Neem Tree), powder in capsule | The Himalaya Herbal Health Care | India | 19.99 | 3 |
| Paeoniae Radix | Tsumura Pharmaceutical Company, Japan | Japan | 55.13 | 5 |
| Pinelliae Tuber | Tsumura Pharmaceutical Company, Japan | Japan | 0.28 | 5 |
| Pinguica | Mexico | Mexico | 2.31 | 3 |
| Rhemanniae Radix | Tsumura Pharmaceutical Company, Japan | Japan | 3.94 | 5 |
| Saikokeishito | Tsumura Pharmaceutical Company, Japan | Japan | 21.35 | 5 |
| Sangre de grado (Croton lechleri), liquid solution | Iquitos, Peru | Peru | 2897.11 | 3 |
| Sano Sano | Peru | Peru | 0.47 | 3 |
| Scutellariae Radix | Tsumura Pharmaceutical Company, Japan | Japan | 111.33 | 5 |
| Shallaki, powder in capsule | The Himalaya Herbal Health Care | India | 2.58 | 3 |
| Shuddha guggulu, powder in capsule | The Himalaya Herbal Health Care | India | 13.77 | 3 |
| Stress Guard, anti stress, powder in capsule | | India | 6.39 | 3 |
| Tagara, valerian, powder in capsule | The Himalaya Herbal Health Care | India | 6.44 | 3 |
| Tepezcohuite | Mexico | Mexico | 64.58 | 3 |
| Tetzar | Mexico | Mexico | 5.88 | 3 |
| Tila | Mexico | Mexico | 19.49 | 3 |
| Triphala, powder in capsule | The Himalaya Herbal Health Care | India | 706.25 | 3 |
| Hangebyakujutsutemmato | Tsumura Pharmaceutical Company, Japan | Japan | 5.15 | 3 |

**Category 12 Herbal /
traditional plant medicine
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Tulasi, (Holy basil), powder in capsule | The Himalaya Herbal Health Care | India | 39.67 | 3 |
| Un Compuesto, herbal condiment against insomnia | Mexico | Mexico | 40.89 | 3 |
| Uncaria Tomentosa (Uña de gato) | Cusco, Peru | Peru | 37.10 | 3 |
| Zapote | Mexico | Mexico | 38.78 | 3 |
| Zarzaparrilla, root | Cusco, Peru | Peru | 13.73 | 3 |
| Zingiberis Rhizoma | Tsumura Pharmaceutical Company, Japan | Japan | 17.52 | 5 |
| Zizyphi Fructus | Tsumura Pharmaceutical Company, Japan | Japan | 5.88 | 5 |

Category 13 Infant foods and beverages

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Beef | Beechnut Stage 1 | USA | 0.08 | 6 |
| Beef | Gerber 2nd Foods | USA | 0.05 | 6 |
| Beef | Heinz | USA | 0.06 | 6 |
| Broccoli and chicken dinner | Gerber 2nd Foods | USA | 0.38 | 6 |
| Broccoli and chicken dinner | Gerber Graduates | USA | 0.13 | 6 |
| Broccoli and chicken dinner | Heinz | USA | 0.45 | 6 |
| Broccoli and chicken dinner, heated | Heinz | USA | 0.47 | 6 |
| Chicken | Heinz | USA | 0.02 | 6 |
| Chicken | Gerber 2nd Foods | USA | 0.06 | 6 |
| Chicken | Beechnut Stage 1 | USA | 0.10 | 6 |
| Chicken and vegetable risotto, ecological (from 8 months) | Hipp, Germany | Norway | 0.12 | 3 |
| Chicken and vegetables (from 6 months) | Nestlé, Norway | Norway | 0.15 | 3 |
| Dessert, Solskinnsipuré, from 6 months | Nestlé, Norway | Norway | 0.86 | 3 |
| Dog Rose, extract | Weiders Farmasøytiske A/S, Norway | Norway | 18.52 | 3 |
| Dog Rosepurée | Nestlé, Norway | Norway | 6.68 | 3 |
| Fruit salad, ecological (From 8 months) | Hipp, Germany | Norway | 0.70 | 3 |
| Green beans | Heinz | USA | 0.05 | 6 |
| Green beans | Gerber 1st Foods | USA | 0.08 | 6 |
| Human breast milk (mean of 49 samples) | Rikshospitalet University Hospital, Norway | Norway | 2.03 | 5 |
| Infant formula with omega 3, Collett, prepared | Nycomed Pharma | Norway | 0.18 | 3 |
| Infant formula, NAN, prepared | Nestlé | Norway | 0.08 | 3 |
| Jungle dessert | Småfolk Barnemat, Norway | Norway | 0.70 | 3 |
| Lamb | Beechnut Stage 1 | USA | 0.05 | 6 |
| Lamb | Gerber 2nd Foods | USA | 0.05 | 6 |
| Oatmeal cereal, unprepared | Gerber | USA | 0.56 | 6 |

**Category 13 Infant foods
and beverages continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Pasta bolognese | Småfolk Barnemat, Norway | Norway | 0.20 | 3 |
| Pasta with beef (from 8 months) | Nestlé, Norway | Norway | 0.21 | 3 |
| Peaches | Beechnut Stage 1 | USA | 1.17 | 6 |
| Peaches | Heinz | USA | 1.25 | 6 |
| Peaches | Gerber 1st Foods | USA | 1.06 | 6 |
| Peas | Gerber 1st Foods | USA | 0.10 | 6 |
| Peas | Heinz | USA | 0.09 | 6 |
| Peas | Beechnut Stage 1 | USA | 0.10 | 6 |
| Porridge with oat and banana, prepared | Småfolk Barnemat, Norway | Norway | 0.06 | 3 |
| Porridge, wholemeal, with oat and apple, ecological, prepared | Hipp, Germany | Norway | 0.15 | 3 |
| Porridge, wholemeal, without sugar, with banana/apricot and supplements, prepared | Nestlé, Norway | Norway | 0.27 | 3 |
| Porridge, wholemeal, without sugar, with fruit and supplements, prepared | Nestlé, Norway | Norway | 0.31 | 3 |
| Prune juice | Nestlé, Norway | Norway | 1.18 | 3 |
| Spaghetti bolognese, ecological | Hipp, Germany | Norway | 0.14 | 3 |
| Squash | Gerber 1st Foods | USA | 0.11 | 6 |
| Squash | Heinz | USA | 0.17 | 6 |
| Stew with chicken, turkey and herbs | Småfolk Barnemat, Norway | Norway | 0.19 | 3 |
| Turkey | Heinz | USA | 0.04 | 6 |
| Turkey | Gerber 2nd Foods | USA | 0.05 | 6 |
| Turkey | Beechnut Stage 1 | USA | 0.06 | 6 |
| Turkey, sticks and diced | Beechnut Table Time | USA | 0.05 | 6 |
| Turkey, sticks and diced | Gerber Graduates | USA | 0.06 | 6 |
| Veal | Beechnut Stage 1 | USA | 0.07 | 6 |
| Veal | Gerber 2nd Foods | USA | 0.05 | 6 |
| Vegetable and beef dinner | Heinz | USA | 0.09 | 6 |
| Vegetable and beef dinner | Gerber 2nd Foods | USA | 0.12 | 6 |
| Vegetable and beef dinner | Beechnut Stage 2 | USA | 0.06 | 6 |

Category 14 Legumes

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Beans, red, canned, boiled | Conservas Viter, Spain | Norway | 0.33 | 3 |
| Beans, white, large size, haricotes lingots Blanc | Toko-sun, Netherlands | Norway | 0.36 | 3 |
| Berlotti beans | McKenzie's | New Zealand | 1.96 | 3 |
| Black eye beans, haricot blance | Thailand | Norway | 0.75 | 3 |
| Black eye beans, white, cornille | GFT Darmstadt, Germany | Norway | 0.47 | 3 |
| Black eyes beans, white, medium size, dry | India | India | 0.50 | 3 |
| Blue beans | | Norway | 0.85 | 3 |
| Blue beans, cooked | | Norway | 0.98 | 3 |
| Broad beans, green | | Norway | 1.97 | 3 |
| Broad beans, split | Toko-sun, Netherlands | Norway | 1.64 | 3 |
| Chickpeas | India | India | 0.19 | 3 |
| Chickpeas | Kkorhan, Turkey | Norway | 0.22 | 3 |
| Chickpeas, small size | India | India | 0.57 | 3 |
| Chinese broad bean paste | | Japan | 0.85 | 3 |
| Edamame, frozen | | USA | 0.47 | 6 |
| Edamame, frozen, prepared | | USA | 0.43 | 6 |
| Flageolets beans, green, canned, boiled | Roland, Belgium | Norway | 0.20 | 3 |
| Kidney beans, canned, light red | Store Brand | USA | 0.27 | 6 |
| Kidney beans, canned, light red, cooked | Store Brand | USA | 0.26 | 6 |
| Kidney beans, dry | India | India | 0.81 | 3 |
| Kidney beans, large size | India | India | 0.81 | 3 |
| Kidney beans, medium size, dry | India | India | 1.39 | 3 |
| Kidney beans, striped, large size, dry | India | India | 1.61 | 3 |
| Lentils, black with peel | India | India | 0.66 | 3 |
| Lentils, Cole-Dal, yellow, split | India | India | 0.16 | 3 |

**Category 14 Legumes
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Lentils, green | Turkey | Norway | 1.00 | 3 |
| Lentils, Masoor-Dal Sabat, dark brown, with peel | India | India | 0.34 | 3 |
| Lentils, Masoor-Dal, pink, without peel | India | India | 0.10 | 3 |
| Lentils, Moong-Dal, yellow, split | India | India | 0.15 | 3 |
| Lentils, Posune | India | India | 1.14 | 3 |
| Lentils, red | Kkorhan, Turkey | Norway | 0.23 | 3 |
| Lentils, Toor Dal, yellow | India | India | 0.35 | 3 |
| Lentils, white, split, Maa-Dal | India | India | 0.16 | 3 |
| Moung Dal, with peel | India | India | 0.53 | 3 |
| Mung beans | Toko-sun, Netherlands | Norway | 0.34 | 3 |
| Mung beans, peeled | Thailand | Norway | 0.10 | 3 |
| Navy beans | Viter | Norway | 0.38 | 3 |
| Navy beans, dry | | USA | 0.57 | 6 |
| Navy beans, dry, cooked | | USA | 0.11 | 6 |
| Peas | Produced in Norway for Hakon Gruppen A/S | Norway | 0.26 | 3 |
| Peas | Norrek Engros A/S | Norway | 0.25 | 3 |
| Peas, baby, canned, drained liquid | Store Brand | USA | 0.10 | 6 |
| Peas, baby, canned, drained liquid | Le Sueur | USA | 0.11 | 6 |
| Peas, baby, canned, drained solids | Store Brand | USA | 0.01 | 6 |
| Peas, regular, canned, drained liquid | Del Monte | USA | 0.15 | 6 |
| Peas, regular, canned, drained liquid | Store Brand | USA | 0.06 | 6 |
| Peas, regular, canned, drained liquid | Green Giant | USA | 0.17 | 6 |
| Peas, regular, canned, drained solids | Store Brand | USA | 0.09 | 6 |
| Peas, regular, canned, drained solids | Green Giant | USA | 0.12 | 6 |
| Peas, regular, canned, drained solids | Del Monte | USA | 0.12 | 6 |
| Peas, regular, canned, drained solids, heated | Store Brand | USA | 0.11 | 6 |

**Category 14 Legumes
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------|------------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Peas, regular, canned, drained solids, heated | Green Giant | USA | 0.12 | 6 |
| Peas, regular, canned, drained solids, heated | Del Monte | USA | 0.11 | 6 |
| Peas, yellow, split | S&W, USA | Norway | 0.12 | 3 |
| Pinto beans | S&W, USA | Norway | 1.15 | 3 |
| Pinto beans, dried | | USA | 1.18 | 6 |
| Pinto beans, dried, cooked | | USA | 0.19 | 6 |
| Soy beans, Red Bean (Soja rouge) | Thailand | Norway | 0.82 | 3 |
| Soy beans, white, small size, dry | India | India | 0.99 | 3 |
| Soy milk with chocolate, Alpro Soya | Alpro | Norway | 0.30 | 3 |
| Soy milk, chocolate, enriched with vitamins A, D & calcium | Trader Joe's, USA | USA | 0.25 | 3 |
| Soy milk, ecological | Provamel Alpro NV, Belgium | Norway | 0.08 | 3 |
| Soy milk, original, enriched with vitamins A, D & calcium | Trader Joe's, USA | USA | 0.05 | 3 |
| Soy milk, Soy dream original | The Hain Celestial Group, Inc | Norway | 0.07 | 3 |
| Soy milk, vanilla, enriched with vitamins A, D & calcium | Trader Joe's, USA | USA | 0.10 | 3 |
| Soyatein (protein rich soya) | Vital Soya Industry, Sri Goindwal Sahib, District Amritsar | India | 1.32 | 3 |
| Tofu naturell | Scandinavian Soya | Norway | 0.09 | 3 |
| Tofutti, creamy smooth | Tofutti London | Norway | 0.05 | 3 |
| Urid Dal Split | India | Norway | 0.36 | 3 |

Category 15 Meat and meat products

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Bacon, fried | Spis, Norway | Norway | 0.85 | 3 |
| Bacon, Frokostbacon | Spis, Norway | Norway | 0.32 | 3 |
| Beef hot dogs | Kahn's | USA | 0.43 | 6 |
| Beef hot dogs | Oscar Mayer | USA | 0.47 | 6 |
| Beef hot dogs | Ball Park | USA | 0.37 | 6 |
| Beef hot dogs | Store Brand | USA | 0.39 | 6 |
| Beef hot dogs | Nathan's | USA | 0.38 | 6 |
| Beef hot dogs | Farmer John | USA | 0.51 | 6 |
| Beef hot dogs, cooked (boiled) | Ball Park | USA | 0.34 | 6 |
| Beef hot dogs, cooked (boiled) | Oscar Mayer | USA | 0.47 | 6 |
| Hamburger frozen | Produced for Dagens by Danish Prima, Denmark | Norway | 0.04 | 3 |
| Hamburger, frozen | Spis, Norway | Norway | 0.12 | 3 |
| Hamburger, frozen, fried | Norsk Mat, Norway | Norway | 0.11 | 3 |
| Hot dog, barbecue | Gilde, Norway | Norway | 0.51 | 3 |
| Hot dog, barbecue, fried | Gilde, Norway | Norway | 0.59 | 3 |
| Hot dog, frankfurter | Spis, Norway | Norway | 0.29 | 3 |
| Liver, ox, frozen | | Norway | 0.71 | 3 |
| Liver, pork, frozen | | Norway | 0.46 | 3 |
| Meat franks | Oscar Mayer | USA | 0.30 | 6 |
| Meat franks | Bryan | USA | 0.32 | 6 |
| Meat franks | Hygrade | USA | 0.16 | 6 |
| Meat franks, cooked (boiled) | Hygrade | USA | 0.24 | 6 |
| Meat franks, cooked (boiled) | Oscar Mayer | USA | 0.35 | 6 |
| Meat franks, jumbo | Bar S, Jumbo | USA | 0.25 | 6 |
| Salami | Gilde, Norway | Norway | 0.46 | 3 |
| Salami, Jubel | Grilstad fabrikker AS, Norway | Norway | 0.08 | 3 |
| Steak, calf | | Norway | 0.02 | 3 |
| Steak, moose | | Norway | 0.03 | 3 |
| Steak, ox | | Norway | 0.01 | 3 |
| Steak, pork | | Norway | 0.00 | 3 |
| Steak, reindeer | | Norway | 0.01 | 3 |

Category 16 Miscellaneous ingredients

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Artificial sweetener | Equal | USA | 0.02 | 6 |
| Artificial sweetener, calorie-free | Splenda | USA | 0.00 | 6 |
| Artificial sweetener; calorie-free | Sugar Twin | USA | 0.01 | 6 |
| Aspartame | Monsanto | USA | 0.04 | 6 |
| Barley malt syrup, organic | Sweet Cloud | USA | 2.12 | 6 |
| Brown rice malt syrup, organic | Sweet Cloud | USA | 0.72 | 6 |
| Brown rice syrup, powder, organic | Emperor`s Kitchen | USA | 1.04 | 6 |
| Coffee mate, powder | Nestlé | Norway | 0.11 | 3 |
| Corn syrup, light | Karo | USA | 0.01 | 6 |
| Corn syrup, light | Clements Foods Co | USA | 0.00 | 6 |
| Honey | Store Brand | USA | 0.16 | 6 |
| Honey | Sue Bee | USA | 0.14 | 6 |
| Honey | Golden Blossom | USA | 0.19 | 6 |
| Honey | Dutch Gold | USA | 0.14 | 6 |
| Honey | Any Brand | USA | 0.13 | 6 |
| Honey, clover | FMV | USA | 0.16 | 6 |
| Honey, pure | Best-in, England | Norway | 0.16 | 3 |
| Malt-extract, Moss | Jensen & Co, Norway | Norway | 1.69 | 3 |
| Maple syrup, 100% pure | Spring Tree | USA | 0.45 | 6 |
| Molasses, dark | Brer Raddit | USA | 4.90 | 6 |
| Salt, iodized | Morton | USA | 0.00 | 6 |
| Soumbala | Mali | Mali | 1.70 | 3 |
| Stevia Dryss, powder | www.naturlegemiddel.no | Norway | 0.31 | |
| Stevia Dråper, liquid | www.naturlegemiddel.no | Norway | 0.40 | |
| Stevia Plus, powder plus fiber | Sweet Leaf | Norway | 0.10 | |
| Stevia powder, pluss fiber | Sweet Leaf | USA | 0.04 | 6 |
| Stevia, Max 80, liquid | Stevia Canada, JG Group | Canada | 0.02 | |
| Sugar colour, Negro | Toro, Norway | Norway | 15.54 | 3 |

**Category 16 Miscellaneous
ingredients continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Sugar, raw cane, organic | Sweet Cloud | USA | 0.33 | 6 |
| Sugar, refined, granulated | Kroger | USA | 0.00 | 6 |
| Sugar, turbinado | Sugar In The Raw | USA | 0.21 | 6 |
| Vinegar, apple cider | Other Brand | USA | 0.11 | 6 |
| Vinegar, apple cider | Heinz | USA | 0.11 | 6 |
| Vinegar, apple cider | Heinz | Norway | 0.10 | 3 |
| Vinegar, apple cider | Store Brand | USA | 0.12 | 6 |
| Vinegar, balsamic | Brand 2 | USA | 0.74 | 6 |
| Vinegar, balsamic | Brand 3 | USA | 0.88 | 6 |
| Vinegar, balsamic | Brand 1 | USA | 0.24 | 6 |
| Vinegar, distilled white | Store Brand | USA | 0.00 | 6 |
| Vinegar, distilled white | Heinz | USA | 0.00 | 6 |
| Vinegar, distilled, white | Other brand | USA | 0.00 | 6 |
| Vinegar, red wine | Other Brand | USA | 0.28 | 6 |
| Vinegar, red wine | Store Brand | USA | 0.23 | 6 |
| Vinegar, red wine | Regina | USA | 0.41 | 6 |

Category 17 Mixed food entrees

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Bacon egg and cheese biscuit | McDonald's | USA | 0.10 | 6 |
| Baked beans, pork and beans in brown sugar sauce | Bush's | USA | 0.24 | 6 |
| Baked beans, pork and beans in brown sugar sauce | Heinz | USA | 0.29 | 6 |
| Baked beans, pork and beans in brown sugar sauce | Campbell's | USA | 0.22 | 6 |
| Baked beans, pork and beans in brown sugar sauce | B & M | USA | 0.39 | 6 |
| Baked beans, pork and beans in brown sugar sauce | Store Brand | USA | 0.29 | 6 |
| Baked beans, pork and beans in brown sugar sauce, heated | Bush's | USA | 0.21 | 6 |
| Baked beans, pork and beans in brown sugar sauce, heated | Store Brand | USA | 0.28 | 6 |
| Baked beans, pork and beans in brown sugar sauce, heated | B & M | USA | 0.38 | 6 |
| Baked beans, pork and beans in tomato sauce | Bush's | USA | 0.19 | 6 |
| Baked beans, pork and beans in tomato sauce | Campbell's | USA | 0.21 | 6 |
| Baked beans, pork and beans in tomato sauce | B & M | USA | 0.16 | 6 |
| Baked beans, pork and beans in tomato sauce | Store Brand | USA | 0.14 | 6 |
| Baked beans, pork and beans in tomato sauce | Heinz | USA | 0.18 | 6 |
| Baked beans, pork and beans in tomato sauce, heated | Campbell's | USA | 0.21 | 6 |
| Baked beans, pork and beans in tomato sauce, heated | Store Brand | USA | 0.17 | 6 |
| Baked beans, vegetarian | B & M | USA | 0.29 | 6 |

Category 17 Mixed food entrees continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Baked beans, vegetarian | Store Brand | USA | 0.23 | 6 |
| Baked beans, vegetarian | Bush's | USA | 0.25 | 6 |
| Baked beans, vegetarian | Campbell's | USA | 0.22 | 6 |
| Baked beans, vegetarian | Heinz | USA | 0.26 | 6 |
| Baked beans, vegetarian, heated | Bush's | USA | 0.27 | 6 |
| Baked beans, vegetarian, heated | Heinz | USA | 0.24 | 6 |
| Bean and cheese burritos, frozen | Las Campanas | USA | 0.13 | 6 |
| Bean and cheese burritos, frozen | Old El Paso | USA | 0.08 | 6 |
| Bean and cheese burritos, frozen | Tina's | USA | 0.11 | 6 |
| Bean and cheese burritos, frozen | Marquez | USA | 0.13 | 6 |
| Bean and cheese burritos, frozen, cooked | Tina's | USA | 0.13 | 6 |
| Bean and cheese burritos, frozen, cooked | Old El Paso | USA | 0.09 | 6 |
| Beef and bean burritos, frozen | Tina's | USA | 0.09 | 6 |
| Beef and bean burritos, frozen | Patio | USA | 0.07 | 6 |
| Beef and bean burritos, frozen | Marquez | USA | 0.12 | 6 |
| Beef and bean burritos, frozen | El Monterey | USA | 0.17 | 6 |
| Beef and bean burritos, frozen, cooked | Tina's | USA | 0.11 | 6 |
| Beef and bean burritos, frozen, cooked | Patio | USA | 0.11 | 6 |
| Beef and bean burritos, frozen, family pack | Tina's | USA | 0.17 | 6 |
| Beef stew, canned | Store Brand | USA | 0.14 | 6 |
| Beef stew, canned | Armour | USA | 0.07 | 6 |
| Beef stew, canned | Castleberry | USA | 0.18 | 6 |
| Beef stew, canned | Dinty Moore | USA | 0.12 | 6 |
| Beef stew, canned | Austex | USA | 0.14 | 6 |
| Beef stew, canned, cooked | Dinty Moore | USA | 0.13 | 6 |
| Big Mac, national | McDonald's | USA | 0.08 | 6 |
| Big Mac, no cheese, national | McDonald's | USA | 0.09 | 6 |
| BK Big Fish with cheese | Burger King | USA | 0.09 | 6 |

Category 17 Mixed food entrees continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| BK Broiler | Burger King | USA | 0.11 | 6 |
| Breast Filet | Wendy's | USA | 0.12 | 6 |
| Burrito, bean | Taco Bell | USA | 0.16 | 6 |
| Burrito, supreme with beef | Taco Bell | USA | 0.12 | 6 |
| Burrito, supreme with chicken | Taco Bell | USA | 0.13 | 6 |
| Burrito, supreme with steak | Taco Bell | USA | 0.12 | 6 |
| Cheese lasagna, frozen, five cheese | Stouffer's | USA | 0.73 | 6 |
| Cheese lasagna, frozen, five cheese, cooked | Stouffer's | USA | 0.53 | 6 |
| Cheese lasagna, frozen, Mozzarella | Budget Gourmet | USA | 0.14 | 6 |
| Cheese lasagna, frozen, three cheese | Budget Gourmet | USA | 0.23 | 6 |
| Cheese lasagna, frozen, three cheese, cooked | Budget Gourmet | USA | 0.18 | 6 |
| Cheese pizza, frozen, regular thin crust | Tony's | USA | 0.13 | 6 |
| Cheese pizza, frozen, rising crust | Tombstone | USA | 0.16 | 6 |
| Cheeseburger | Burger King | USA | 0.15 | 6 |
| Cheeseburger, national | McDonald's | USA | 0.11 | 6 |
| Chicken pot pie, frozen, cooked | Banquet | USA | 0.05 | 6 |
| Chicken Sandwich | Burger King | USA | 0.17 | 6 |
| Chili with meat and beans, canned | Hormel | USA | 0.52 | 6 |
| Chili with meat and beans, canned | Chili Man | USA | 0.41 | 6 |
| Chili with meat and beans, canned | Wolf | USA | 0.40 | 6 |
| Chili with meat and beans, canned | Bryan | USA | 0.42 | 6 |
| Chili with meat and beans, canned | Dennison's | USA | 0.42 | 6 |
| Chili with meat and beans, canned | Nalley | USA | 0.32 | 6 |
| Chili with meat and beans, canned | Armour | USA | 0.40 | 6 |
| Chili with meat and beans, canned (hot) | Store Brand | USA | 0.39 | 6 |

Category 17 Mixed food entrees continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Chili with meat and beans, canned (thick) | Nalley | USA | 0.48 | 6 |
| Chili with meat and beans, canned, heated | Hormel | USA | 0.50 | 6 |
| Chili with meat, no beans, canned | Hormel | USA | 0.39 | 6 |
| Chili with meat, no beans, canned | Armour | USA | 0.45 | 6 |
| Chili with meat, no beans, canned | Bunker Hill | USA | 0.46 | 6 |
| Chili with meat, no beans, canned | Store Brand | USA | 0.35 | 6 |
| Chili with meat, no beans, canned | Wolf | USA | 0.49 | 6 |
| Chili with meat, no beans, canned, heated | Hormel | USA | 0.40 | 6 |
| Classic Double with Cheese | Wendy's | USA | 0.07 | 6 |
| Croissanwich with egg and cheese | Burger King | USA | 0.15 | 6 |
| Croissanwich with sausage and cheese | Burger King | USA | 0.21 | 6 |
| Croissanwich with sausage, egg and cheese | Burger King | USA | 0.16 | 6 |
| Double Whopper | Burger King | USA | 0.07 | 6 |
| Double Whopper with cheese | Burger King | USA | 0.04 | 6 |
| Egg McMuffin | McDonald's | USA | 0.09 | 6 |
| Eggwich with bacon and cheese | Burger King | USA | 0.06 | 6 |
| Eggwich with bacon, egg and cheese | Burger King | USA | 0.08 | 6 |
| Eggwich with egg and cheese | Burger King | USA | 0.06 | 6 |
| Filet-o-Fish | McDonald's | USA | 0.13 | 6 |
| Ham Egg and Cheese Bagel | McDonald's | USA | 0.13 | 6 |
| Hamburger | McDonald's | USA | 0.14 | 6 |
| Hamburger | Burger King | USA | 0.18 | 6 |
| Hamburger with cheese, 1/4 lb Single | Wendy's | USA | 0.12 | 6 |
| Hamburger with cheese, Junior | Wendy's | USA | 0.10 | 6 |
| Hamburger, Junior | Wendy's | USA | 0.14 | 6 |

Category 17 Mixed food entrees continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Hamburger, No Cheese, 1/4 lb Single | Wendy's | USA | 0.12 | 6 |
| Hotcakes and sausage | McDonald's | USA | 0.18 | 6 |
| Lasagna with meat, frozen, lower fat | Weight Watchers Smart Ones | USA | 0.13 | 6 |
| Lasagna with meat, frozen, lower fat | Lean Cuisine | USA | 0.37 | 6 |
| Lasagna with meat, frozen, regular, cooked | Stouffer's | USA | 0.18 | 6 |
| Lasagna with meat, frozen, regular, cooked | Michelina's | USA | 0.12 | 6 |
| Lasagna with meat, regular, frozen | Stouffer's | USA | 0.48 | 6 |
| Lasagna with meat, regular, frozen | Michelina's | USA | 0.16 | 6 |
| Macaroni and cheese (microwaveable cans), canned | Hormel Kid's Kitchen | USA | 0.12 | 6 |
| Macaroni and cheese mix (with dry cheese powder) | Kraft | USA | 0.06 | 6 |
| Macaroni and cheese mix (with dry cheese powder) | Store Brand | USA | 0.06 | 6 |
| Macaroni and cheese mix (with dry cheese powder), prepared | Kraft | USA | 0.04 | 6 |
| Macaroni and cheese mix (with prepared cheese sauce), prepared | Kraft Velveeta | USA | 0.03 | 6 |
| Macaroni and cheese mix (with prepared cheese sauce), prepared | Kraft Deluxe | USA | 0.03 | 6 |
| Macaroni and cheese mix (with prepared cheese sauce), prepared | Store Brand | USA | 0.05 | 6 |
| Macaroni and cheese, canned | Chef Boyardee | USA | 0.04 | 6 |
| Macaroni and cheese, canned | Franco American | USA | 0.04 | 6 |
| Nachos | Taco Bell | USA | 0.36 | 6 |
| Nachos supreme | Taco Bell | USA | 0.30 | 6 |
| Pizza, Big One Classic, prepared | Stabburet, Norway | Norway | 0.13 | 3 |

**Category 17 Mixed food
entrees continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Pizza, cheese pizza, frozen, regular thin crust | Celeste pizza for one | USA | 0.15 | 6 |
| Pizza, cheese pizza, frozen, regular thin crust | Mr. P's | USA | 0.16 | 6 |
| Pizza, cheese pizza, frozen, regular thin crust | Totino's | USA | 0.10 | 6 |
| Pizza, cheese pizza, frozen, regular thin crust | McCain Ellio's | USA | 0.11 | 6 |
| Pizza, cheese pizza, frozen, rising crust | Tony's | USA | 0.08 | 6 |
| Pizza, cheese pizza, frozen, rising crust | DiGiorno | USA | 0.21 | 6 |
| Pizza, cheese pizza, frozen, rising crust | Red Baron | USA | 0.19 | 6 |
| Pizza, cheese, classic hand-tossed | Domino's | USA | 0.20 | 6 |
| Pizza, cheese, large deep dish | Little Caesar's | USA | 0.18 | 6 |
| Pizza, cheese, original crust | Papa John's | USA | 0.30 | 6 |
| Pizza, cheese, regular crust | Pizza Hut | USA | 0.18 | 6 |
| Pizza, cheese, thick crust | Pizza Hut | USA | 0.17 | 6 |
| Pizza, cheese, thin crust | Papa John's | USA | 0.26 | 6 |
| Pizza, cheese, thin crust | Little Caesar's | USA | 0.22 | 6 |
| Pizza, cheese, thin crust | Pizza Hut | USA | 0.20 | 6 |
| Pizza, cheese, ultimate deep dish | Domino's | USA | 0.20 | 6 |
| Pizza, extravaganza feast, classic hand-tossed | Domino's | USA | 0.18 | 6 |
| Pizza, Grandiosa | Stabburet, Norway | Norway | 0.31 | 3 |
| Pizza, Grandiosa, prepared | Stabburet, Norway | Norway | 0.25 | 3 |
| Pizza, La Mia Pizzeria Speciale, ham and tomato, prepared | Stabburet, Norway | Norway | 0.10 | 3 |
| Pizza, Original Round, cheese | Little Caesar's | USA | 0.21 | 6 |
| Pizza, Original Round, meal+vegetab | Little Caesar's | USA | 0.19 | 6 |
| Pizza, pepperoni, classic hand-tossed | Domino's | USA | 0.21 | 6 |
| Pizza, pepperoni, large deep dish | Little Caesar's | USA | 0.16 | 6 |
| Pizza, pepperoni, original crust | Papa John's | USA | 0.24 | 6 |

Category 17 Mixed food entrees continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Pizza, pepperoni, original round | Little Caesar's | USA | 0.17 | 6 |
| Pizza, pepperoni, regular crust, prepared | Pizza Hut | USA | 0.18 | 6 |
| Pizza, pepperoni, thick crust | Pizza Hut | USA | 0.14 | 6 |
| Pizza, pepperoni, ultimate deep dish | Domino's | USA | 0.19 | 6 |
| Pizza, Pig's Knuckle, prepared | Peppes Pizza, Norway | Norway | 0.24 | 3 |
| Pizza, Pizza Margherita | Comisal Int.Srl.Italy for Hakon | Norway | 0.31 | 3 |
| Pizza, Pizza Margherita, prepared | Comisal Int.Srl.Italy for Hakon | Norway | 0.33 | 3 |
| Pizza, prepared | First Price | Norway | 0.08 | 3 |
| Pizza, prepared | Eldorado | Norway | 0.15 | 3 |
| Pizza, Ristorante Pizza Speciale, prepared | Dr Oetker | Norway | 0.19 | 3 |
| Pizza, sausage & pepperoni pizza, frozen, cooked | Red Baron | USA | 0.18 | 6 |
| Pizza, Super Supreme, regular crust | Pizza Hut | USA | 0.20 | 6 |
| Pizza, The Works, original crust | Papa John's | USA | 0.23 | 6 |
| Pizza, thin crust | Domino's | USA | 0.28 | 6 |
| Quarter pounder, national | McDonald's | USA | 0.08 | 6 |
| Quarter Pounder, no cheese, national | McDonald's | USA | 0.09 | 6 |
| Sausage & pepperoni pizza, frozen, cooked | Tony's | USA | 0.16 | 6 |
| Sausage biscuit | McDonald's | USA | 0.37 | 6 |
| Sausage biscuit with egg | McDonald's | USA | 0.21 | 6 |
| Sausage breakfast burrito | McDonald's | USA | 0.09 | 6 |
| Sausage McMuffin | McDonald's | USA | 0.23 | 6 |
| Sausage McMuffin with egg | McDonald's | USA | 0.16 | 6 |
| Spaghetti with meat, canned | Chef Boyardee | USA | 0.22 | 6 |
| Spaghetti with meat, canned, heated | Chef Boyardee | USA | 0.22 | 6 |
| Spaghetti with meat, Spaghettios with Meatballs, canned | Franco American | USA | 0.17 | 6 |
| Spaghetti with meat, Spaghettios with Meatballs, canned, heated | Franco American | USA | 0.16 | 6 |

Category 17 Mixed food entrees continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Spaghetti, Garfield Spaghettios, no meat, canned | Franco American | USA | 0.13 | 6 |
| Spaghetti, no meat, canned | Franco American | USA | 0.12 | 6 |
| Spaghetti, Spaghettios, no meat, canned | Franco American | USA | 0.14 | 6 |
| Spaghetti, Spaghettios, no meat, canned, heated | Franco American | USA | 0.13 | 6 |
| Spaghetti, Where's Waldo, no meat, canned | Franco American | USA | 0.14 | 6 |
| Spanish Omelet Bagel | McDonald's | USA | 0.15 | 6 |
| Steak egg and cheese bagel | McDonald's | USA | 0.08 | 6 |
| Stew, in brown sauce | Trondhjems, Norway | Norway | 0.19 | 3 |
| Stew, light type | Terina as, Norway | Norway | 0.13 | 3 |
| Taco salad | Taco Bell | USA | 0.13 | 6 |
| Taco, crunchy | Taco Bell | USA | 0.24 | 6 |
| Taco, soft with beef | Taco Bell | USA | 0.10 | 6 |
| Taco, soft with chicken | Taco Bell | USA | 0.06 | 6 |
| Taco, soft with steak | Taco Bell | USA | 0.07 | 6 |
| Turkey pot pie, frozen, cooked | Swanson | USA | 0.06 | 6 |
| Vegatarian burgers, Morningstar Farms Garden Veggie | Morningstar Farms | USA | 0.30 | 6 |
| Vegetarian burger, Morningstar Farms Harvest Burger's | Morningstar Farms | USA | 0.17 | 3 |
| Vegetarian burger, Morningstar Farms Harvest Burger's, fried | Morningstar Farms | USA | 0.19 | 3 |
| Vegetarian burgers, Boca Burgers Chef Max's All American Classic | Boca Burgers | USA | 0.11 | 6 |
| Vegetarian burgers, Morningstar Farms Grillers Hamburger Style | Morningstar Farms | USA | 0.20 | 6 |
| Veggie burgers | Gardenburger Original | USA | 0.17 | 6 |
| Whopper | Burger King | USA | 0.06 | 6 |
| Whopper with cheese | Burger King | USA | 0.06 | 6 |

Category 18 Nuts and seeds

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Almonds, with pellicle | Kjøkkensjefens | Norway | 0.23 | 1, 3 |
| Almonds, with pellicle | Eldorado | Norway | 0.37 | 1, 3 |
| Almonds, with pellicle | Coop Chef's | Norway | 0.28 | 1, 3 |
| Almonds, with pellicle | | USA | 0.53 | 1, 6 |
| Almonds, with pellicle, sliced | Blue Diamond, USA | Norway | 0.26 | 1, 3 |
| Almonds, without pellicle (scalded using hot water) | Eldorado | Norway | 0.13 | 1, 3 |
| Almonds, without pellicle (scalded using hot water) | Coop Chef's | Norway | 0.22 | 1, 3 |
| Almonds, without pellicle, sliced | Freia | Norway | 0.20 | 1, 3 |
| Brazil nuts | | USA | 0.47 | 1, 6 |
| Brazil nuts, with pellicle (partly) | Den Lille Nøttefabrikken | Norway | 0.50 | 1, 3 |
| Cashews, without pellicle | | USA | 0.66 | 1, 6 |
| Cashews, without pellicle, roasted | Den Lille Nøttefabrikken, Norway | Norway | 0.40 | 1, 3 |
| Chest nuts, with pellicle (purchased with shell) | | Italy | 4.67 | 3 |
| Chest nuts, without pellicle (purchased with shell) | | Italy | 0.75 | 3 |
| Flaxseed | Peru | Peru | 0.64 | 4 |
| Flaxseed, ground | | USA | 1.13 | 6 |
| Flaxseed, whole brown | | USA | 0.80 | 6 |
| Hazelnuts, roasted with salt and spices, with pellicle | Iran | Iran | 0.46 | 3 |
| Hazelnuts, with pellicle | Den Lille Nøttefabrikken, Norway | Norway | 0.49 | 3 |
| Hazelnuts, with pellicle | | Norway | 0.50 | 3 |
| Hazelnuts, with pellicle | Sunport | Norway | 0.69 | 3 |
| Hazelnuts, with pellicle | | USA | 0.94 | 6 |
| Hazelnuts, without pellicle | Sunrise Food | Norway | 0.08 | |
| Hazelnuts, without pellicle | Sunport | Norway | 0.16 | 3 |

**Category 18 Nuts and seeds
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Kernel from watermelon, roasted with salt and spices | Iran | Iran | 3.27 | 3 |
| Kernels from pumpkin, roasted with salt and spices | Iran | Iran | 0.40 | 3 |
| Macadamia nuts, without pellicle | Den Lille Nøttfabrikken, Norway | Norway | 0.55 | 1, 3 |
| Macadamia nuts, without pellicle | | USA | 0.44 | 1, 6 |
| Peanut butter, coarse type | Mills, Norway | Norway | 0.47 | 1, 3 |
| Peanut butter, creamy | Skippy | USA | 0.66 | 1, 6 |
| Peanut butter, creamy | Jif | USA | 0.57 | 1, 6 |
| Peanut butter, crunchy | Store Brand | USA | 0.51 | 1, 6 |
| Peanut butter, crunchy | Skippy | USA | 0.55 | 1, 6 |
| Peanuts, Malawi nuts, Traditional African Roasted Peanuts | Rab Processors Ltd, Malawi | Malawi | 0.89 | 1, 3 |
| Peanuts, Polly, roasted, with salt, without pellicle | KiMs, Norway | Norway | 0.62 | 1, 3 |
| Peanuts, roasted, with pellicle (purchased with shell) | Food Man | Norway | 1.97 | 1, 3 |
| Peanuts, without pellicle | | USA | 0.35 | 1, 6 |
| Pecans, with pellicle | Den Lille Nøttfabrikken, Norway | Norway | 8.24 | 3 |
| Pecans, with pellicle | San Lázara | Mexico | 10.62 | 3 |
| Pecans, with pellicle | Sunport | Norway | 7.31 | 3 |
| Pecans, with pellicle | The Green Valley | Norway | 9.24 | 3 |
| Pecans, with pellicle | | Norway | 6.32 | 3 |
| Pecans, with pellicle | La Pasiega, Mexico | Mexico | 7.91 | 3 |
| Pecans, with pellicle | | USA | 9.67 | 6 |
| Pine nuts | Den Lille Nøttfabrikken, Norway | Norway | 0.52 | 1, 3 |
| Pine nuts | | USA | 0.71 | 1, 6 |
| Pine nuts | Davy's, Holland | Norway | 0.10 | 3 |
| Pine nuts, ecologically grown | Urtekram, Denmark | Norway | 0.07 | 3 |
| Pistachios | India | Norway | 4.98 | 3 |
| Pistachios | Den Lille Nøttfabrikken, Norway | Norway | 0.78 | 3 |

**Category 18 Nuts and seeds
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Pistachios | Sunport | Norway | 1.08 | 3 |
| Pistachios | Iran | Iran | 1.16 | 3 |
| Pistachios | | Norway | 1.00 | 3 |
| Pistachios | | USA | 1.43 | 6 |
| Pistachios (purchased with shell) | Mexico | Mexico | 1.41 | 3 |
| Pistachios, roasted with salt and spices | Iran | Iran | 1.38 | 3 |
| Poppy seeds | Spice Cargo | Mexico | 0.44 | 3 |
| Poppy seeds | | USA | 0.03 | 6 |
| Poppy seeds, dried | Black Boy, Rieber og søn | Norway | 0.31 | 3 |
| Poppy seeds, dried | TRS Wholesale CO, England | Norway | 0.16 | 3 |
| Sesame seeds | Nutana, Denmark | Norway | 1.21 | 3 |
| Sesame seeds | Spice Cargo | Mexico | 0.95 | 3 |
| Sesame seeds (ajonjoli) | La Surtidora | Mexico | 1.32 | 3 |
| Sesame seeds, black | India | India | 0.26 | 3 |
| Sesame seeds, hulled | | USA | 0.06 | 6 |
| Sesame seeds, white | India | India | 0.49 | 3 |
| Sesame seeds, with shell | Risenta, Finland | Norway | 1.16 | 3 |
| Sesame seeds, without shell | Hakon, Norway | Norway | 0.30 | 3 |
| Sesame seeds, without shell | NatuVit, Denmark | Norway | 0.43 | 3 |
| Sunflower seeds | Hakon, Norway | Norway | 7.50 | 3 |
| Sunflower seeds | NatuVit, Denmark | Norway | 5.39 | 3 |
| Walnuts, with pellicle | USA | Norway | 15.16 | 3 |
| Walnuts, with pellicle | Den Lille Nøttefabrikken, Norway | Norway | 14.29 | 3 |
| Walnuts, with pellicle | | Norway | 25.41 | 3 |
| Walnuts, with pellicle | Diamond | Norway | 16.02 | 3 |
| Walnuts, with pellicle | | USA | 13.13 | 6 |
| Walnuts, with pellicle | India | India | 15.84 | 3 |
| Walnuts, with pellicle | Demanter, Bio'noix, France | Norway | 19.75 | 3 |
| Walnuts, with pellicle (purchased with shell and cupule) | | Italy | 18.67 | 3 |
| Walnuts, with pellicle (purchased with shell) | Shells BI | Norway | 33.09 | 3 |
| Walnuts, with pellicle (purchased with shell) | | Italy | 33.04 | 3 |

**Category 18 Nuts and seeds
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Walnuts, with pellicle (purchased with shell) | India | India | 15.76 | 3 |
| Walnuts, with pellicle (purchased with shell) | Natural | Norway | 31.38 | 3 |
| Walnuts, with pellicle (purchased with shell) | | Norway | 33.29 | 3 |
| Walnuts, without pellicle | | Norway | 1.81 | 3 |
| Walnuts, without pellicle (purchased with shell and cupule) | | Italy | 0.46 | 3 |
| Walnuts, without pellicle (purchased with shell) | Shells | Norway | 0.74 | 3 |
| Walnuts, without pellicle (purchased with shell) | | Italy | 1.04 | 3 |
| Walnuts, without pellicle (purchased with shell) | | Norway | 0.79 | 3 |
| Walnuts, without pellicle (purchased with shell) | Natural | Norway | 1.27 | 3 |

Category 19 Poultry and poultry products

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| BBQ chicken wings, frozen | Tyson | USA | 0.39 | 6 |
| BBQ chicken wings, frozen | TGIF | USA | 0.07 | 6 |
| BBQ chicken wings, frozen | Simmons | USA | 0.21 | 6 |
| BBQ chicken wings, frozen, cooked in conventional oven | Tyson | USA | 0.38 | 6 |
| BBQ chicken wings, frozen, cooked in conventional oven | Mixed brands | USA | 0.33 | 6 |
| BBQ chicken wings, frozen, cooked in conventional oven | Remarkable | USA | 0.12 | 6 |
| BBQ chicken wings, frozen, cooked in conventional oven | Simmons | USA | 0.23 | 6 |
| BBQ chicken wings, frozen, cooked in conventional oven | TGIF | USA | 0.08 | 6 |
| BBQ chicken wings, frozen, microwave cooked | Tyson | USA | 0.34 | 6 |
| BBQ chicken wings, frozen, microwave cooked | TGIF | USA | 0.08 | 6 |
| BBQ chicken wings, frozen, microwave cooked | Simmons | USA | 0.28 | 6 |
| Chicken hot dogs | Gwaltney | USA | 0.15 | 6 |
| Chicken hot dogs | Shorgood | USA | 0.20 | 6 |
| Chicken hot dogs | Weaver | USA | 0.15 | 6 |
| Chicken hot dogs | Talmadge Farms | USA | 0.18 | 6 |
| Chicken hot dogs | Grillmaster | USA | 0.16 | 6 |
| Chicken hot dogs, cooked | Gwaltney | USA | 0.17 | 6 |
| Chicken liver, frozen | Prior, Norway | Norway | 1.00 | 3 |
| Chicken liver, frozen, fried | Prior, Norway | Norway | 0.96 | 3 |
| Chicken McGrill, national | McDonald's | USA | 0.07 | 6 |
| Chicken McNuggets | McDonald's | USA | 0.20 | 6 |
| Chicken Nuggets | Wendy's | USA | 0.25 | 6 |
| Chicken nuggets, frozen | Weaver | USA | 0.12 | 6 |
| Chicken nuggets, frozen | Store Brand | USA | 0.09 | 6 |
| Chicken nuggets, frozen, cooked | Store Brand | USA | 0.14 | 6 |
| Chicken nuggets, frozen, cooked | Advance Fast Fixin' | USA | 0.12 | 6 |
| Chicken nuggets, frozen, cooked | Weaver | USA | 0.16 | 6 |

Category 19 Poultry and poultry products continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Chicken patties, frozen | Kings Delight | USA | 0.13 | 6 |
| Chicken patties, frozen | Tyson | USA | 0.13 | 6 |
| Chicken patties, frozen, cooked | Tyson | USA | 0.15 | 6 |
| Chicken Sandwich, grilled | Wendy's | USA | 0.15 | 6 |
| Chicken tenders | Burger King | USA | 0.12 | 6 |
| Chicken tenders, frozen | Mixed brands | USA | 0.13 | 6 |
| Chicken tenders, frozen | Tyson | USA | 0.09 | 6 |
| Chicken tenders, frozen, cooked in conventional oven | Store Brand | USA | 0.16 | 6 |
| Chicken tenders, frozen, cooked in conventional oven | Tyson | USA | 0.12 | 6 |
| Chicken tenders, frozen, cooked in conventional oven | Banquet | USA | 0.12 | 6 |
| Chicken tenders, frozen, cooked in conventional oven | Weaver | USA | 0.11 | 6 |
| Chicken tenders, frozen, cooked in conventional oven | Butterball | USA | 0.12 | 6 |
| Chicken tenders, frozen, microwave cooked | Mixed brands | USA | 0.14 | 6 |
| Chicken tenders, frozen, southern, cooked in conventional oven | Banquet | USA | 0.15 | 6 |
| Chicken, drumstick, grilled, with skin | Prior, Norway | Norway | 0.44 | 3 |
| Chicken, drumstick, grilled, without skin | Prior, Norway | Norway | 0.65 | 3 |
| Chicken, with skin, frozen | Prior, Norway | Norway | 0.06 | 3 |
| Chicken, with skin, frozen, fried | Prior, Norway | Norway | 0.05 | 3 |
| Chicken, without skin, frozen | Prior, Norway | Norway | 0.05 | 3 |
| Chicken, without skin, frozen, fried | Prior, Norway | Norway | 0.06 | 3 |
| Crispy chicken sandwich, national | McDonald's | USA | 0.18 | 6 |
| Turkey hot dog, Frankfurter | Prior, Norway | Norway | 0.61 | 3 |
| Turkey hot dogs (barbecue) | Prior, Norway | Norway | 0.76 | 3 |

Category 20 Snacks

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Biscuits, Bixit | Sætre AS, Norway | Norway | 0.66 | 3 |
| Biscuits, crunch cream croustillants | StMichael for Marks and Spencer | Norway | 0.36 | 3 |
| Biscuits, oat, Kornmo | Sætre AS, Norway | Norway | 0.86 | 3 |
| Biscuits, RITZ crackers | Oxford Biscuits A/S, Denmark | Norway | 0.41 | 3 |
| Cheese crackers with cheese filling | Austin | USA | 0.77 | 1, 6 |
| Cheese crackers with cheese filling | Frito Lay | USA | 0.73 | 1, 6 |
| Cheese crackers with cheese filling | Lance | USA | 0.82 | 1, 6 |
| Cheese crackers with cheese filling | Store Brand | USA | 0.76 | 1, 6 |
| Cheese crackers with peanut butter filling | Little Debbie | USA | 0.95 | 1, 6 |
| Cheese crackers with peanut butter filling | Austin | USA | 0.90 | 1, 6 |
| Cheese crackers with peanut butter filling | Lance | USA | 0.86 | 1, 6 |
| Cheese puff-type cheese snacks | Cheetos | USA | 0.50 | 1, 6 |
| Cheese puff-type cheese snacks, crunchy | Cheetos | USA | 0.63 | 1, 6 |
| Kernel popcorn, air popped | Orville Redenbacher | USA | 0.83 | 6 |
| Kernel popcorn, air popped | Jolly Time | USA | 0.86 | 6 |
| Kernel popcorn, air popped | Store Brand | USA | 0.82 | 6 |
| Kernel popcorn, oil popped | Jolly Time | USA | 0.75 | 6 |
| Kernel popcorn, oil popped | Store Brand | USA | 0.74 | 6 |
| Kernel popcorn, oil popped | Orville Redenbacher | USA | 0.72 | 6 |
| Multigrain snack chips | Sun Chips | USA | 0.75 | 1, 6 |
| Popcorn | Maarud, Norway | Norway | 0.56 | 3 |
| Popcorn, microwave, 94% fat free butter flavor | Pop Secret | USA | 0.46 | 6 |

**Category 20 Snacks
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Popcorn, microwave, 94% fat free butter flavor | Orville Redenbacher Smart Pop | USA | 0.59 | 6 |
| Popcorn, microwave, 94% fat free, butter flavor | Store Brand | USA | 0.59 | 6 |
| Popcorn, microwave, 94% fat free, butter flavor | Jolly Time Healthy Pop | USA | 0.62 | 6 |
| Popcorn, microwave, butter flavor | Store Brand | USA | 0.47 | 6 |
| Popcorn, microwave, butter flavor | Pop Secret | USA | 0.48 | 6 |
| Popcorn, microwave, butter flavor | Orville Redenbacher | USA | 0.37 | 6 |
| Popcorn, microwave, butter flavor | Jolly Time Butterlicious | USA | 0.52 | 6 |
| Potato chips | Lays Classic | USA | 0.78 | 1, 6 |
| Potato chips | Lays | USA | 0.74 | 1, 6 |
| Potato chips | Store Brand | USA | 0.47 | 1, 6 |
| Potato chips | Ruffles | USA | 0.59 | 1, 6 |
| Potato chips, fat free, made with olefin (olestra), original flavor | Pringles | USA | 0.44 | 1, 6 |
| Potato chips, made with olestra, original flavor | Lays Wow | USA | 0.15 | 1, 6 |
| Potato chips, Potetgull, classic, salt | Maarud, Norway | Norway | 0.66 | 1, 3 |
| Pretzels | Store Brand | USA | 0.77 | 6 |
| Pretzels | Frito Lay Rold Gold | USA | 1.10 | 6 |
| Pretzels | Snyders of Hanover/Utz | USA | 0.98 | 6 |
| Saltine crackers | Store Brand | USA | 0.28 | 6 |
| Saltine crackers | Nabisco Premium Original | USA | 0.37 | 6 |
| Saltine crackers | Sunshine Krispy Original | USA | 0.43 | 6 |
| Saltine crackers | Sunshine Keebler Zesty Original | USA | 0.28 | 6 |
| Toasty peanut butter filled crackers | Keebler | USA | 1.06 | 1, 6 |
| Toasty peanut butter filled crackers | Golden Flake | USA | 0.97 | 1, 6 |

**Category 20 Snacks
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Toasty peanut butter filled crackers | Ritz Bits | USA | 1.07 | 1, 6 |
| Toasty peanut butter filled crackers | Austin | USA | 0.97 | 1, 6 |
| Toasty peanut butter filled crackers | Little Debbie | USA | 1.17 | 1, 6 |
| Tortilla chips | Mission | USA | 0.77 | 1, 6 |
| Tortilla chips, 100% white corn | Tostitos | USA | 0.77 | 1, 6 |
| Tortilla chips, cheese | Maarud, Norway | Norway | 0.48 | 1, 3 |
| Tortilla chips, cooler ranch flavor | Doritos | USA | 0.74 | 1, 6 |
| Tortilla chips, made with olestra, nacho cheesier tortilla flavor | Doritos Wow | USA | 0.22 | 1, 6 |
| Tortilla chips, made with olestra, restaurant style | Tostitos Wow | USA | 0.16 | 1, 6 |
| Tortilla chips, nacho cheesier flavor | Doritos | USA | 0.72 | 1, 6 |

Category 21 Soups, sauces, dressings and salsa

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Barbecue sauce | Heinz, Netherlands | Norway | 0.55 | 3 |
| Barbeque ketchup | Idun, Norway | Norway | 0.36 | 3 |
| Barbeque oil, alround | Santa Maria, Sweden | Norway | 0.81 | 3 |
| Barbeque oil, alround | Black Boy, Rieber og søn | Norway | 0.97 | 3 |
| Barbeque sauce | Heinz | Norway | 0.53 | 3 |
| BBQ classic | HP | Norway | 0.80 | 3 |
| BBQ sauce orginal | Santa Maria | Norway | 0.37 | 3 |
| Bruschetta | Le ricette di MONTANINI, Italy | Norway | 0.82 | 3 |
| Chicken broth, 99% fat free | Swanson | USA | 0.00 | 6 |
| Concentrato di pomodoro | La Bioldea | Norway | 0.89 | 3 |
| Doppio concentrato di pomodoro | Mutti | Norway | 1.18 | 3 |
| Dressing, Caesar, salad dressing, max 3% fat | Idun, Norway | Norway | 0.08 | 1, 3 |
| Dressing, French ,salad dressing, fat free | Kraft Free | USA | 0.04 | 1, 6 |
| Dressing, French, salad dressing | Idun, Norway | Norway | 0.02 | 1, 3 |
| Dressing, French, salad dressing, lite | Western | USA | 0.42 | 1, 6 |
| Dressing, French, salad dressing, regular | Store Brand | USA | 0.44 | 1, 6 |
| Dressing, French, salad dressing, regular | Kraft Creamy | USA | 0.46 | 1, 6 |
| Dressing, French, salad dressing, regular | Western | USA | 0.44 | 1, 6 |
| Dressing, French, salad dressing, regular | Henri's | USA | 0.42 | 1, 6 |
| Dressing, Italian, salad dressing, fat free | Seven Seas | USA | 0.08 | 1, 6 |
| Dressing, Italian, salad dressing, fat free | Kraft Free | USA | 0.08 | 1, 6 |
| Dressing, Italian, salad dressing, lite | Wishbone | USA | 0.14 | 1, 6 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Dressing, Italian, salad dressing, regular | Wishbone | USA | 0.32 | 1, 6 |
| Dressing, Italian, salad dressing, regular | Store Brand | USA | 0.41 | 1, 6 |
| Dressing, Ranch, salad dressing | Kraft | USA | 0.46 | 1, 6 |
| Dressing, Ranch, salad dressing | Wishbone | USA | 0.41 | 1, 6 |
| Dressing, Ranch, salad dressing | Hidden Valley | USA | 0.37 | 1, 6 |
| Dressing, Ranch, salad dressing, fat free | Kraft | USA | 0.02 | 1, 6 |
| Dressing, Ranch, salad dressing, fat free | Hidden Valley | USA | 0.22 | 1, 6 |
| Dressing, Ranch, salad dressing, fat free | Wishbone | USA | 0.03 | 1, 6 |
| Dressing, Ranch, salad dressing, light | Wishbone | USA | 0.18 | 1, 6 |
| Dressing, Ranch, salad dressing, light | Kraft | USA | 0.14 | 1, 6 |
| Dressing, Ranch, salad dressing, light | Hidden Valley | USA | 0.19 | 1, 6 |
| Dressing, Soltørket tomat (Sundried Tomato), salad dressing | Idun, Norway | Norway | 0.65 | 1, 3 |
| Dressing, Thousand Island, salad dressing | Idun, Norway | Norway | 0.11 | 1, 3 |
| Dressing, Thousand Island, salad dressing, fat free | Kraft | USA | 0.07 | 1, 6 |
| Dressing, Thousand Island, salad dressing, lite | Kraft | USA | 0.32 | 1, 6 |
| Gravy, beef, Savory | Heinz, Home Style | USA | 0.06 | 6 |
| Gravy, turkey, canned | Franco American | USA | 0.06 | 6 |
| Gravy, turkey, canned | Store Brand | USA | 0.04 | 6 |
| Gravy, turkey, canned, Home Style | Heinz | USA | 0.05 | 6 |
| Hot chili sauce | Heinz | Norway | 0.36 | 3 |
| Jalfrezi cooking sauce | Santa Maria | Norway | 0.59 | 3 |
| Mashed potatoe, powder | Mills, Norway | Norway | 1.20 | 3 |
| Mashed potatoes, prepared | Maggi | Norway | 0.23 | 3 |
| Mashed potatoes, prepared | Mills, Norway | Norway | 0.28 | 3 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Mashed potatoes, with milk powder, prepared | Maggi | Norway | 0.17 | 3 |
| Mashed potatoes, with milk powder, prepared | Mills, Norway | Norway | 0.22 | 3 |
| Mayonnaise, original | Mills, Norway | Norway | 1.08 | 1, 3 |
| Meditarranean olive sauce | Heinz | Norway | 0.28 | 3 |
| Mexican sauce | Heinz | Norway | 0.36 | 3 |
| Mustard, Bodsennep, prepared | Stabburet, Norway | Norway | 1.70 | 3 |
| Mustard, Dijon originale, prepared | Maille, France | Norway | 2.48 | 3 |
| Mustard, hot, prepared | Stabburet, Norway | Norway | 1.76 | 3 |
| Mustard, Original, prepared | Slotts, Sweden | Norway | 2.09 | 3 |
| Mustard, paste, prepared | Japan | Japan | 2.61 | 3 |
| Mustard, Premium Americana, prepared | S&W, USA | Norway | 1.43 | 3 |
| Mustard, Savora, prepared | Colman's | Norway | 0.80 | 3 |
| Mustard, yellow, Classic Yellow Mustard, prepared | French's | USA | 1.57 | 6 |
| Mustard, yellow, prepared | Store Brand | USA | 1.52 | 6 |
| Mustard, yellow, prepared | Other Brand | USA | 1.42 | 6 |
| Nali Ginger Chile Sauce | Nali, Malawi | Malawi | 0.70 | 3 |
| Nali Hot Peri-Peri Sauce | Nali, Malawi | Malawi | 1.42 | 3 |
| Passata di pomodoro con basilico | La BioIdea | Norway | 0.36 | 3 |
| Paste, canned tomato | Contadina | USA | 1.03 | 6 |
| Paste, canned tomato | Hunt's | USA | 0.98 | 6 |
| Paste, canned tomato | Store Brand | USA | 0.88 | 6 |
| Pelali mediterranei | Mutti | Norway | 0.22 | 3 |
| Pesto Rosso | Le ricette di MONTANINI, Italy | Norway | 0.91 | 3 |
| Pesto Rosso Piccante | HGL Gourmet Line's middelhavskjøkken | Norway | 0.49 | 3 |
| Pesto Rosso Piccante, sundried tomato | HGL Gourmet Line's middelhavskjøkken | Norway | 1.20 | 3 |
| Pesto Rosso, sundried tomato | Paradiso, Italy | Norway | 0.68 | 3 |
| Pesto Rosso, sundried tomato | Le ricette di MONTANINI, Italy | Norway | 0.86 | 3 |
| Pesto, alla Genovese con Basilico fresco | Barilla, Italy | Norway | 2.55 | 3 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Pesto, basil | Le ricette di MONTANINI, Italy | Norway | 2.48 | 3 |
| Pesto, basil, Italia | ICA, Sweden | Norway | 4.36 | 3 |
| Piccante sauce, medium | Pace | Norway | 0.37 | 3 |
| Pizza filling | Mesterkokkens, Norway | Norway | 0.48 | 3 |
| Pizza filling, with edible mushroom (Agaricus bisporus) and bell pepper, Casa di Italia, prepared | Toro, Norway | Norway | 0.71 | 3 |
| Pizza filling, with tomatoes and herbs, Casa di Italia, prepared | Toro, Norway | Norway | 0.89 | 3 |
| Pizza filling, with tomatoes and onion, Casa di Italia, prepared | Toro, Norway | Norway | 0.62 | 3 |
| Polpa pomodori in finissimini pezzi | Mutti | Norway | 0.34 | 3 |
| Polpapezzi di pomodori italiani | Mutti | Norway | 0.38 | 3 |
| Pomodori capperi acciughi | Azienda Terra Shardana | Norway | 0.47 | 3 |
| Pomodori del sole | Cicina Antica | Norway | 0.82 | 3 |
| Pomodori secchi | Le ricette di MONTANINI, Italy | Norway | 0.72 | 3 |
| Pomodorini di collini | Mutti | Norway | 0.49 | 3 |
| Pomodoro al basilico | Andalini | Norway | 0.56 | 3 |
| Pomodoro mousse | Azienda Terra Shardana | Norway | 0.80 | 3 |
| Ragu alla bolognese | Barilla, Italy | Norway | 0.37 | 3 |
| Ricotta | Barilla, Italy | Norway | 0.41 | 3 |
| Salsa dip, medium | Old El Paso | Norway | 0.51 | 3 |
| Salsa dip, medium | First Price | Norway | 0.31 | 3 |
| Salsa, All natural mild, bottled | Tostitos | USA | 0.33 | 6 |
| Salsa, Chunky salsa, medium | Santa Maria | Norway | 0.34 | 3 |
| Salsa, Chunky salsa, medium | ICA | Norway | 3.92 | 3 |
| Salsa, Garlic salsa | Old El Paso | Norway | 0.43 | 3 |
| Salsa, garlic, TEXMEX, medium | Santa Maria, Sweden | Norway | 0.44 | 3 |
| Salsa, Habanero and tequila salsa, extra hot | Santa Maria | Norway | 0.27 | 3 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Salsa, Kutbil-ik de Chile Habanero | Mexico | Mexico | 1.59 | 3 |
| Salsa, Rio grande, medium | Santa Maria | Norway | 0.28 | 3 |
| Salsa, Roasted garlic, bottled | Tostitos | USA | 0.31 | 6 |
| Salsa, Salsa picante verde de Chile Habanero | Mexico | Mexico | 0.89 | 3 |
| Salsa, Sweet red chili salsa, medium | Santa Maria | Norway | 0.46 | 3 |
| Salsa, Thick & Chunky mild, bottled | Pace | USA | 0.36 | 6 |
| Salsa, Thick 'n' Chunky mild, bottled | Old El Paso | USA | 0.31 | 6 |
| Salsa, Thick 'n' Chunky, medium, bottled | Old El Paso | USA | 0.30 | 6 |
| Salsa, Thick 'n' Chunky, medium, bottled | Old El Paso | Norway | 0.49 | 3 |
| Salsa, Tropical salsa, medium | Santa Maria, Sweden | Norway | 0.29 | 3 |
| Sauce for pasta, tomato, oregano, onion and garlic | Knorr | Norway | 0.63 | 3 |
| Sauce for pasta, with sundried tomato and shallot, Casa di Italia | Toro, Norway | Norway | 0.34 | 3 |
| Sauce, BBQ | HP Foods, England | Norway | 0.75 | 3 |
| Sauce, Bearnaise, prepared | Toro, Norway | Norway | 0.03 | 3 |
| Sauce, brown, for meatballs, prepared | Knorr | Norway | 0.09 | 3 |
| Sauce, canned tomato | Hunt's | USA | 0.34 | 6 |
| Sauce, canned tomato | Store Brand | USA | 0.29 | 6 |
| Sauce, Cayenne pepper, Red Devil | Trappeyey's Foods Inc. | Norway | 0.26 | 3 |
| Sauce, chili, Oriental | Uncle Ben's | Norway | 0.36 | 3 |
| Sauce, chilli sauce, hot | Heinz, Portugal | Norway | 0.53 | 3 |
| Sauce, chilli, hot | Blue Dragon, Malaysia | Norway | 0.20 | 3 |
| Sauce, for pasta | First Price | Norway | 0.31 | 3 |
| Sauce, for pasta with parmesan and cream, Al forno | Dolmio | Norway | 0.20 | 3 |
| Sauce, for pasta, classic | Knorr | Norway | 0.55 | 3 |
| Sauce, for pasta, creamed, Casa d'Italia | Toro, Norway | Norway | 0.24 | 3 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Sauce, for pasta, no meat, chunky garden combination | Ragu | USA | 0.37 | 6 |
| Sauce, for pasta, no meat, mushroom flavor | Hunt's | USA | 0.51 | 6 |
| Sauce, for pasta, no meat, mushroom flavor | Prego | USA | 0.51 | 6 |
| Sauce, for pasta, no meat, old world style | Ragu | USA | 0.40 | 6 |
| Sauce, for pasta, no meat, three-cheese flavor | Prego | USA | 0.37 | 6 |
| Sauce, for pasta, spanish olives | Meridian | Norway | 0.61 | 3 |
| Sauce, for pasta, tomato and mushrooms | Meridian | Norway | 0.49 | 3 |
| Sauce, for pasta, with basil | Barilla, Italy | Norway | 0.57 | 3 |
| Sauce, for pasta, with basil, heated | Barilla, Italy | Norway | 0.54 | 3 |
| Sauce, for pasta, with chilli | ICA | Norway | 0.35 | 3 |
| Sauce, for pasta, with chilli and onion | Knorr | Norway | 0.39 | 3 |
| Sauce, for pasta, with chilli and onion, heated | Knorr | Norway | 0.57 | 3 |
| Sauce, for pasta, with chilli, Arrabbiata | Barilla, Italy | Norway | 0.39 | 3 |
| Sauce, for pasta, with extra garlic | Dolmio | Norway | 0.61 | 3 |
| Sauce, for pasta, with extra garlic, heated | Dolmio | Norway | 0.68 | 3 |
| Sauce, for pasta, with extra spices | Dolmio | Norway | 0.50 | 3 |
| Sauce, for pasta, with extra vegetables | Dolmio | Norway | 0.43 | 3 |
| Sauce, for pasta, with garlic | ICA | Norway | 0.50 | 3 |
| Sauce, for pasta, with garlic | Eldorado | Norway | 0.33 | 3 |
| Sauce, for pasta, with sundried tomatoes | Dolmio | Norway | 0.79 | 3 |
| Sauce, for pizza | Idun, Norway | Norway | 0.63 | 3 |
| Sauce, for pizza, Casa di Italia | Toro, Norway | Norway | 0.77 | 3 |
| Sauce, for pizza, Original | Dolmio | Norway | 0.38 | 3 |
| Sauce, for pizza, Spicy | Mutti | Norway | 0.57 | 3 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Sauce, for spaghetti, Italian tomato sauce with spices | Knorr | Norway | 0.31 | 3 |
| Sauce, for spaghetti | Sopps, Norway | Norway | 0.27 | 3 |
| Sauce, for spaghetti | Toro, Norway | Norway | 0.26 | 3 |
| Sauce, Hollandaise, prepared | Knorr | Norway | 0.01 | 3 |
| Sauce, Indian Korma | Uncle Ben's | Norway | 0.21 | 3 |
| Sauce, Indian Tandori | Toro, Norway | Norway | 0.52 | 3 |
| Sauce, original | HP | Norway | 1.48 | 3 |
| Sauce, slices of tomato, with basil, garlic and oregano | SW | Norway | 0.18 | 3 |
| Sauce, slices of tomato, with chilli and mexican spices, canned | SW | Norway | 0.26 | 3 |
| Sauce, slices of tomato, with garlic, oregano and basil, canned | SW | Norway | 0.31 | 3 |
| Sauce, slices of tomato, with pepper, onion and creole spices, canned | SW | Norway | 0.27 | 3 |
| Sauce, soya sauce | Kikkoman Foods, Netherlands | Norway | 2.68 | 3 |
| Sauce, soya sauce, dark | Amoy Food LTD, Hong Kong | Norway | 0.68 | 3 |
| Sauce, soya sauce, light | Amoy Food LTD, Hong Kong | Norway | 0.54 | 3 |
| Sauce, sun dried tomato | Heinz | Norway | 0.52 | 3 |
| Sauce, taco, hot | Landlord | Norway | 4.25 | 3 |
| Sauce, taco, medium | ICA | Norway | 0.88 | 3 |
| Sauce, taco, medium | Santa Maria | Norway | 0.36 | 3 |
| Sauce, taco, medium | First Price | Norway | 4.66 | 3 |
| Sauce, taco, medium | Casa Fiesta | Norway | 3.50 | 3 |
| Sauce, taco, medium spiced, TexMex | Santa Maria, Sweden | Norway | 0.20 | 3 |
| Sauce, taco, mildly spiced | ICA, Belgium | Norway | 3.17 | 3 |
| Sauce, taco, smooth, medium spiced | Old El Paso | Norway | 0.28 | 3 |
| Sauce, taco, smooth, strong spiced | Old El Paso | Norway | 0.18 | 3 |
| Sauce, taco, strong spiced | ICA, Belgium | Norway | 3.50 | 3 |
| Sauce, taco, strong spiced, TexMex | Santa Maria, Sweden | Norway | 0.22 | 3 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Sauce, taco, TexMex, hot | Santa Maria, Sweden | Norway | 0.48 | 3 |
| Sauce, taco, TexMex, mild | Santa Maria, Sweden | Norway | 0.44 | 3 |
| Sauce, Tikka Masala, Indian | Uncle Ben's | Norway | 0.36 | 3 |
| Sauce, tomato, Tomatensauce, Toskana | Zwergwnwiese | Norway | 0.42 | 3 |
| Sauce, tomato, with basalmicovinegar, basil and oil, canned | Hunt's | Norway | 0.25 | 3 |
| Sauce, tomato, with mushroom, canned | Hunt's | Norway | 0.24 | 3 |
| Sauce, with chili | HP Foods, England | Norway | 0.24 | 3 |
| Sauce, wrap, medium spiced | Casa Fiesta | Norway | 3.70 | 3 |
| Soup stok, japanese (bonito,tangl), powder | | Japan | 0.93 | 3 |
| Soup stok, japanese (small dried sardine), powder | Japan | Japan | 0.07 | 3 |
| Soup, chicken noodle cup a soup, dry | Knorr | USA | 0.45 | 6 |
| Soup, chicken noodle, canned, ready-to-eat | Progresso Traditional | USA | 0.02 | 6 |
| Soup, chicken noodle, canned, ready-to-eat, Kitchen Classics | Campbell's | USA | 0.02 | 6 |
| Soup, chinese chicken soup stock, powder | Japan | Japan | 0.41 | 3 |
| Soup, clam chowder condensed | Campbell's | USA | 0.05 | 3 |
| Soup, condensed chicken noodle soup | Campbell's | USA | 0.03 | 6 |
| Soup, condensed chicken noodle soup | Store Brand | USA | 0.01 | 6 |
| Soup, condensed cream of chicken soup | Store Brand | USA | 0.03 | 6 |
| Soup, condensed cream of chicken soup | Campbell's | USA | 0.04 | 6 |
| Soup, condensed cream of mushroom soup | Campbell's | USA | 0.04 | 6 |
| Soup, condensed tomato | Store Brand | USA | 0.66 | 6 |
| Soup, curry chicken, cup a soup | Knorr | Denmark | 0.14 | 5 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Soup, Minestrone | Campbell's | Norway | 0.25 | 3 |
| Soup, Pea soup, Svensk/Swedish type, prepared | Toro, Norway | Norway | 0.52 | 3 |
| Soup, Pea soup, yellow, prepared | Toro, Norway | Norway | 0.63 | 3 |
| Soup, potato and leek, cup a soup | Knorr | Denmark | 0.07 | 5 |
| Soup, Ramen noodle soup, beef flavor, dry | Nissin Top Ramen Noodles | USA | 0.41 | 6 |
| Soup, tomato, ABC kremet tomat супе, prepared | Toro, Norway | Norway | 0.14 | 3 |
| Soup, tomato, canned, prepared | Campbell's | Norway | 0.29 | 3 |
| Soup, tomato, canned, prepared | Heinz | Norway | 0.24 | 3 |
| Soup, tomato, condensed | Campbell's | USA | 0.24 | 6 |
| Soup, tomato, cup a soup, prepared | Knorr | Denmark | 0.18 | 5 |
| Soup, tomato, prepared | Confecta, Norway | Norway | 0.07 | 3 |
| Soup, tomato, prepared | Knorr | Norway | 0.16 | 3 |
| Soup, tomato, prepared | Toro, Norway | Norway | 0.15 | 3 |
| Soup, tomato, Rett i koppen, prepared | Toro, Norway | Norway | 0.17 | 3 |
| Soup, tomato, Sunny tomato extra, prepared | Knorr | Norway | 0.34 | 3 |
| Soup, tomato, with macaroni, prepared | First Price | Norway | 0.13 | 3 |
| Soup, tomato, with mozzarella and herbs, Rett i Koppen, prepared | Toro, Norway | Norway | 0.12 | 3 |
| Soup, tomtato, Meksikansk tomat супе fra guerrero, World menus, prepared | Toro, Norway | Norway | 0.16 | 3 |
| Spaghetti sauce, prepared | Toro, Norway | Norway | 0.31 | 3 |
| Sundried tomato paste | Sacla, Italy | Norway | 0.75 | 3 |
| Sundried tomatoes, in oil | Eldorado | Norway | 1.22 | 3 |
| Sundried tomatoes, in oil, chopped | Paradisi | Norway | 1.69 | 3 |
| Tabasco Brand | McIlhenny Company | Norway | 0.56 | 3 |

**Category 21 Soups, sauces,
dressings and salsa
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Tiptree organic tomato chutney | Wilkin&Son Ltd, England | Norway | 0.35 | 3 |
| Tomato ketchup | Idun, Norway | Norway | 0.37 | 3 |
| Tomato ketchup | Heinz | Norway | 0.33 | 3 |
| Tomato ketchup | Heinz | USA | 0.41 | 6 |
| Tomato ketchup | First Price | Norway | 0.19 | 3 |
| Tomato ketchup | Store Brand | USA | 0.37 | 6 |
| Tomato ketchup | Mutti | Norway | 0.43 | 3 |
| Tomato ketchup | Pølsemaker Bergby | Norway | 0.26 | 3 |
| Tomato ketchup | Eldorado | Norway | 0.77 | 3 |
| Tomato ketchup, classico | La BioIdea | Norway | 0.53 | 3 |
| Tomato ketchup, organic | Heinz | Norway | 0.24 | 3 |
| Tomato ketchup, orginal | Gourmet Compagniet | Norway | 0.14 | 3 |
| Tomato ketchup, Red Hot Chili | Idun, Norway | Norway | 0.25 | 3 |
| Tomato purée | Diva, Turkey | Norway | 1.25 | 3 |
| Tomato purée | ICA | Norway | 1.25 | 3 |
| Tomato purée | Starlands | Norway | 1.19 | 3 |
| Tomato purée | Landlord | Norway | 0.53 | 3 |
| Tomato purée | Eldorado | Norway | 1.27 | 3 |
| Tomato purée | Heinz | Norway | 0.96 | 3 |
| Tomato purée, canned | Pope | USA | 0.42 | 6 |
| Tomato purée, canned | Tuttoroso | USA | 0.43 | 6 |
| Tomato purée, canned | Progresso | USA | 0.49 | 6 |
| Tomato purée, canned | Contadina | USA | 0.40 | 6 |
| Tomato purée, canned | Redpack | USA | 0.42 | 6 |
| Tomato purée, organic | Biona | Norway | 0.97 | 3 |
| Tomato sauce | Toro, Norway | Norway | 0.20 | 3 |
| Tomatoes, with chili, chopped, canned | Eldorado | Norway | 0.25 | 3 |
| Tomatoes, with garlic, chopped, canned | Eldorado | Norway | 0.38 | 3 |
| Tomatoes, with sweet basil and oregano, chopped, canned | Eldorado | Norway | 0.45 | 3 |
| Vinaigrette with sundried tomato | Crown | Norway | 0.41 | 3 |
| Wok sauce, Indian Curry | Toro, Norway | Norway | 0.46 | 3 |
| Wok sauce, Red Hot Curry Thailand | Santa Maria, Sweden | Norway | 0.41 | 3 |

Category 22 Spices and herbs

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| A condiment with red pepper and six other spices, dried ground | Japan | Japan | 6.08 | 3 |
| Ajwain fruit pods, whole | | Iran | 0.94 | 3 |
| Ajwain fruit pods, dried | India | India | 28.42 | 3 |
| Allspice, dried ground | Hindu, Norway | Norway | 99.28 | 3 |
| Allspice, dried ground | Black Boy, Rieber og søn | Norway | 101.52 | 3 |
| Alpine lady's-mantle, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 130.36 | 5 |
| Angelica, fresh | The Norwegian Crop Research Institute, Norway | Norway | 0.66 | 5 |
| Angelica, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 25.25 | 5 |
| Angelica, seeds, dried | Norsk Øko-Urt AB, Norway | Norway | 8.66 | 5 |
| Anisop, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 33.14 | 5 |
| Ash, young leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 47.78 | 5 |
| Bacon and eggs, flower, dried | The Norwegian Crop Research Institute, Norway | Norway | 56.10 | 5 |
| Barbeque spicemix | Santa Maria, Sweden | Norway | 1.65 | 3 |
| Barbeque spicemix | Engbretsen AS, Norway | Norway | 2.13 | 3 |
| Barberry, bark | The Norwegian Crop Research Institute, Norway | Norway | 55.63 | 5 |
| Basil, dried | Gökqehan ,Turkey | Norway | 9.86 | 3 |
| Basil, dried | Norsk Øko-Urt AB, Norway | Norway | 28.10 | 5 |
| Basil, dried | | USA | 12.31 | 6 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Basil, dried | Black Boy, Rieber og søn | Norway | 30.86 | 3 |
| Basil, dried | Spice Cargo | Mexico | 18.24 | 3 |
| Basil, dried | Natures Treats Australia PTY LTD, Australia | New Zealand | 0.49 | 3 |
| Basil, fresh | Norway | Norway | 1.12 | 3 |
| Basil, fresh | | Norway | 0.67 | 3 |
| Basil, fresh | | USA | 0.82 | 6 |
| Bay leaves, dried | Santa Maria | Norway | 31.29 | 3 |
| Bay leaves, dried | Black Boy, Rieber og søn | Norway | 24.29 | 3 |
| Bay leaves, fresh | Natures Treats Australia PTY LTD, Australia | New Zealand | 15.05 | 3 |
| Bearberry (Arctostaphylos uva-ursi), leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 182.10 | 5 |
| Bee balm (Monarda didyma), flower, dried | Norsk Øko-Urt AB, Norway | Norway | 46.56 | 5 |
| Betonica officinalis, dried | The Norwegian Crop Research Institute, Norway | Norway | 9.41 | 5 |
| Betterave | Mali | Mali | 2.34 | 3 |
| Birch, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 30.44 | 5 |
| Birch, leaves, fresh | Norway | Norway | 26.23 | 4 |
| Birdcherry, flower, dried | The Norwegian Crop Research Institute, Norway | Norway | 23.08 | 5 |
| Biting stonecrop, dried | The Norwegian Crop Research Institute, Norway | Norway | 11.89 | 5 |
| Blackberry, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 23.31 | 5 |
| Blackcurrant, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 97.83 | 5 |
| Calamus root (Acorus calamus), rhizome | The Norwegian Crop Research Institute, Norway | Norway | 6.65 | 5 |
| Caper, flower | Turkey | Norway | 1.00 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Caper, fruits and stem, Caprons Finos | Cervera, Denmark | Norway | 0.84 | 3 |
| Caper, small | Turkey | Norway | 0.94 | 3 |
| Car Magaz, whole kernels | Asian Bazaar | Mexico | 0.77 | 3 |
| Caraway seeds, dried | Norsk Øko-Urt AB, Norway | Norway | 3.35 | 5 |
| Caraway seeds, dried | Black Boy, Rieber og søn | Norway | 4.48 | 3 |
| Cardamom pod, green, whole | India | India | 1.85 | 3 |
| Cardamom seeds (from green pod) | Roopaks, Ajmal Khan, N. Dehli | India | 1.64 | 3 |
| Cardamom seeds, dried | India | India | 1.13 | 3 |
| Cardamom seeds, dried | Black Boy, Rieber og søn | Norway | 0.48 | 3 |
| Cardamom, dried ground | Engebretsen AS, Norway | Norway | 2.35 | 3 |
| Cardamom, dried ground | Santa Maria, Sweden | Norway | 1.65 | 3 |
| Cardamom, whole fruit, dried | India | India | 1.64 | 3 |
| Cayenne pepper, dried ground | Spice Cargo | Mexico | 5.38 | 3 |
| Cayenne pepper, dried ground | Santa Maria | Norway | 4.18 | 3 |
| Cayenne pepper, dried ground | Black Boy, Rieber og søn | Norway | 5.90 | 3 |
| Celery seeds, whole | Spice Cargo | Mexico | 8.17 | 3 |
| Celery, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 16.91 | 5 |
| Chervil, dried | The Norwegian Crop Research Institute, Norway | Norway | 17.67 | 5 |
| Chili, Chile Ancho, dark, whole, dried | Mexico | Mexico | 5.09 | 3 |
| Chili, Chile de Arbol, small red, whole, dried | Mexico | Mexico | 3.11 | 3 |
| Chili, Chile Don Piquin, with seeds, crushed, dried | Mexico | Mexico | 4.20 | 3 |
| Chili, Chile Guajillo, dark, whole, dried | Mexico | Mexico | 2.25 | 3 |
| Chili, Chile Pasilla, dark, whole, dried | Verde Valle, Mexico | Mexico | 7.54 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Chili, Chile Pasilla, dark, whole, dried | La Merced, Mexico | Mexico | 3.01 | 3 |
| Chili, Chile Piquin, dried ground | | Mexico | 1.40 | 3 |
| Chili, Chile, dried ground | La Anita, Mexico | Mexico | 7.15 | 3 |
| Chili, dried | Santa Maria, Sweden | Norway | 7.63 | 3 |
| Chili, dried ground | Spice Cargo | Mexico | 12.21 | 3 |
| Chili, dried ground | Rajah | Norway | 7.87 | 3 |
| Chili, dried ground | Engebretsen AS, Norway | Norway | 12.15 | 3 |
| Chili, dried ground | USA | USA | 8.37 | 6 |
| Chili, dried ground, hot | Hindu, Norway | Norway | 5.96 | 3 |
| Chili, dried ground, mexican | Hindu, Norway | Norway | 11.86 | 3 |
| Chili, green, whole | Spain | Norway | 2.33 | 3 |
| Chili, red with seeds, dried | India | India | 2.52 | 3 |
| Chili, red, whole | Spain | Norway | 2.92 | 3 |
| Chili, red, whole | | Norway | 2.08 | 3 |
| Chili, without seeds, dried | India | India | 3.74 | 3 |
| Chives, chopped, dried | Spice Cargo | Mexico | 7.80 | 3 |
| Chives, dried | Black Boy, Rieber og søn | Norway | 7.11 | 3 |
| Chives, dried | Natures Treats Australia PTY LTD, Australia | New Zealand | 2.56 | 3 |
| Chives, dried | Norsk Øko-Urt AB, Norway | Norway | 11.14 | 5 |
| Chives, fresh | BAMA gruppen, Norway | Norway | 0.59 | 3 |
| Chives, fresh | | Norway | 0.60 | 3 |
| Cinnamon sticks, Cassia vera indo | Natures Treats Australia PTY LTD, Australia | New Zealand | 6.84 | 3 |
| Cinnamon, bark, whole | Mexico | Mexico | 40.14 | 3 |
| Cinnamon, bark, whole | Asian Bazaar | Mexico | 32.61 | 3 |
| Cinnamon, dried ground | India | India | 31.64 | 3 |
| Cinnamon, dried ground | Spice Cargo | Mexico | 139.89 | 3 |
| Cinnamon, dried ground | | USA | 17.65 | 6 |
| Cinnamon, dried ground | Black Boy, Rieber og søn | Norway | 53.04 | 3 |
| Cinnamon, dried ground | Engebretsen AS, Norway | Norway | 63.27 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Cinnamon, dried ground | Santa Maria, Sweden | Norway | 118.69 | 3 |
| Cinnamon, dried ground | Canela Molida | Mexico | 114.98 | 3 |
| Cirsium heterohpyllum, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 38.18 | 5 |
| Clove, dried ground | | USA | 125.55 | 6 |
| Clove, dried ground | Black Boy, Rieber og søn | Norway | 465.32 | 3 |
| Clove, whole, dried | La Surtidora | Mexico | 175.31 | 3 |
| Clove, whole, dried | TRS Wholesale CO, England | Norway | 317.96 | 3 |
| Clove, whole, dried | Escosa, Mexico | Mexico | 327.77 | 3 |
| Clove, whole, dried | India | India | 252.04 | 3 |
| Club-moss, dried | The Norwegian Crop Research Institute, Norway | Norway | 4.56 | 5 |
| Coltsfoot, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 61.32 | 5 |
| Columbine, Granny's bonnet, dried | The Norwegian Crop Research Institute, Norway | Norway | 3.96 | 5 |
| Common alkanet, dried | The Norwegian Crop Research Institute, Norway | Norway | 18.37 | 5 |
| Common butterwort, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 41.93 | 5 |
| Common chickweed, dried | The Norwegian Crop Research Institute, Norway | Norway | 5.17 | 5 |
| Common elder, flower, dried | The Norwegian Crop Research Institute, Norway | Norway | 24.13 | 5 |
| Common elder, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 20.36 | 5 |
| Common fumitory, dried | The Norwegian Crop Research Institute, Norway | Norway | 25.06 | 5 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Common horsetail, dried | The Norwegian Crop Research Institute, Norway | Norway | 12.17 | 5 |
| Common mallow, flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 9.06 | 5 |
| Common mallow, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 24.63 | 5 |
| Common mallow, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 9.20 | 5 |
| Common nettle, stinging nettle, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 35.23 | 5 |
| Common polypody, rhizome | The Norwegian Crop Research Institute, Norway | Norway | 35.42 | 5 |
| Common silver birch, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 22.07 | 5 |
| Common valerian, flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 24.03 | 5 |
| Condiment with red pepper, dried ground | Japan | Japan | 5.23 | 3 |
| Coriander (Dhaniya), dried ground | Rajah | Norway | 4.66 | 3 |
| Coriander seeds | Onena Spices, Spain | Norway | 0.28 | 3 |
| Coriander seeds | Asian Bazaar | Mexico | 1.26 | 3 |
| Coriander, leaves, dried | Santa Maria, Sweden | Norway | 2.84 | 3 |
| Coriander, leaves, dried | Black Boy, Rieber og søn | Norway | 2.10 | 3 |
| Coriander, leaves, fresh | BAMA gruppen, Norway | Norway | 1.20 | 3 |
| Coriander, leaves, fresh | Norway | Norway | 0.41 | 3 |
| Coriander, seeds, green, dried | India | India | 3.49 | 3 |
| Cornflower, dried | The Norwegian Crop Research Institute, Norway | Norway | 11.96 | 5 |
| Cornflower, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 8.84 | 5 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Creeping jenny (Lysimachia nummularia), leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 31.31 | 5 |
| Cumin, Comino, dried ground | Mexico | Mexico | 8.23 | 3 |
| Cumin, dried ground | Black Boy, Rieber og søn | Norway | 6.82 | 3 |
| Cumin, dried ground | Spice Cargo | Mexico | 9.14 | 3 |
| Cumin, dried ground | Comino Molido | Mexico | 10.30 | 3 |
| Cumin, Jerra, dried ground | Rajah | Norway | 11.88 | 3 |
| Cumin, seeds, whole, dried | Santa Maria, Sweden | Norway | 2.54 | 3 |
| Cumin, whole | Hindu, Norway | Norway | 2.45 | 3 |
| Curled parsley, fresh | Hafskjold Gartneri, Norway | Norway | 0.34 | 3 |
| Curry, powder | Japan | Japan | 10.47 | 3 |
| Curry, powder | Spice Cargo | Mexico | 14.92 | 3 |
| Curry, powder | USA | USA | 9.98 | 6 |
| Curry, powder | TRS Wholesale CO, England | Norway | 10.93 | 3 |
| Curry, powder | Black Boy, Rieber og søn | Norway | 13.02 | 3 |
| Curry, powder, Madras, hot, dried ground | Rajah | Norway | 6.65 | 3 |
| Curry, powder, Madras, mild, dried ground | Rajah | Norway | 7.43 | 3 |
| Curry, powder, Premium, mild, dried ground | Rajah | Norway | 4.17 | 3 |
| Dame's violet, dried | The Norwegian Crop Research Institute, Norway | Norway | 22.63 | 5 |
| Dandelion, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 12.72 | 5 |
| Dandelion, leaves | Norway | Norway | 6.89 | 4 |
| Dandelion, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 21.07 | 5 |
| Dandelion, root | The Norwegian Crop Research Institute, Norway | Norway | 4.91 | 5 |
| Devil's-bit, dried | The Norwegian Crop Research Institute, Norway | Norway | 30.18 | 5 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Dill, dried | Norsk Øko-Urt AB, Norway | Norway | 20.23 | 5 |
| Dill, dried | Goutess, GmbH | Norway | 24.47 | 3 |
| Dill, dried | Black Boy, Rieber og søn | Norway | 15.94 | 3 |
| Dill, dried | Hindu, Norway | Norway | 2.79 | |
| Dill, dried | Santa Maria | Norway | 2.68 | |
| Dill, fresh | Norway | Norway | 1.39 | 3 |
| Dill, fresh | | Norway | 2.18 | 3 |
| Dill, seeds | The Norwegian Crop Research Institute, Norway | Norway | 3.37 | 5 |
| Dwarf birch, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 86.22 | 5 |
| English ivy, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 27.98 | 5 |
| Estragon, dried | Black Boy, Rieber og søn | Norway | 43.31 | 3 |
| Estragon, dried | Santa Maria | Norway | 13.63 | |
| Estragon, french, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 43.22 | 5 |
| Estragon, russian, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 44.75 | 5 |
| European golden rod, dried | The Norwegian Crop Research Institute, Norway | Norway | 28.43 | 5 |
| Fakouhoye leaves, dried | Mali | Mali | 10.20 | 3 |
| Fennel, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 18.91 | 5 |
| Fennel, whole seeds, dried | TRS Wholesale CO, England | Norway | 5.84 | 3 |
| Fenugreek, seeds | India | India | 2.09 | 3 |
| Fenugreek, whole | Asian Bazaar | Mexico | 1.67 | 3 |
| Field bindweed, dried | The Norwegian Crop Research Institute, Norway | Norway | 17.51 | 5 |
| Field forget-me-not, dried | The Norwegian Crop Research Institute, Norway | Norway | 28.15 | 5 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Field horsetail (<i>Equisetum arvense</i>), leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 9.41 | 5 |
| Field restharrow (<i>Ononis arvensis</i>), root | The Norwegian Crop Research Institute, Norway | Norway | 10.15 | 5 |
| Figwort, dried | The Norwegian Crop Research Institute, Norway | Norway | 8.69 | 5 |
| Fir clubmoss, dried | The Norwegian Crop Research Institute, Norway | Norway | 10.58 | 5 |
| Garden Cat-mint (<i>Nepeta x faassenii</i>), dried | The Norwegian Crop Research Institute, Norway | Norway | 14.18 | 5 |
| Garlic, dried ground | | USA | 0.80 | 6 |
| Garlic, dried ground | Black Boy, Rieber og søn | Norway | 2.13 | 3 |
| Garlic, dried ground | Rajah | Norway | 1.61 | 3 |
| Garlic, dried ground | Spice Cargo | Mexico | 0.78 | 3 |
| Garlic, raw paste | Japan | Japan | 0.08 | 3 |
| Ginger | | Norway | 2.79 | 3 |
| Ginger | Mali | Mali | 3.93 | 3 |
| Ginger (jengibre molido), dried ground | | Mexico | 22.19 | 3 |
| Ginger, dried | India | India | 11.31 | 3 |
| Ginger, dried ground | Santa Maria, Sweden | Norway | 22.12 | 3 |
| Ginger, dried ground | Northwest Delights, USA | Norway | 0.86 | 3 |
| Ginger, dried ground | Spice Cargo | Mexico | 24.37 | 3 |
| Ginger, dried ground | | USA | 21.57 | 6 |
| Ginger, raw paste | Japan | Japan | 5.33 | 3 |
| Grass-of-Parnassus (<i>Parnassia palustris</i>), dried | The Norwegian Crop Research Institute, Norway | Norway | 52.27 | 5 |
| Greater burdock, root | The Norwegian Crop Research Institute, Norway | Norway | 14.26 | 5 |
| Greater plantain, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 22.03 | 5 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Green mint, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 142.58 | 5 |
| Grey alder (<i>Alnus incana</i>), leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 59.27 | 5 |
| Ground-ivy (<i>Glechoma hederacea</i>), dried | The Norwegian Crop Research Institute, Norway | Norway | 31.72 | 5 |
| Hazel, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 35.51 | 5 |
| Heather, flower, dried | The Norwegian Crop Research Institute, Norway | Norway | 56.98 | 5 |
| Hoary plantain, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 29.35 | 5 |
| Hollyhock, flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 10.16 | 5 |
| Hop, cone | The Norwegian Crop Research Institute, Norway | Norway | 30.96 | 5 |
| Hops, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 35.28 | 5 |
| Horehound (<i>Marrubium vulgare</i>), dried | The Norwegian Crop Research Institute, Norway | Norway | 12.49 | 5 |
| Hound's tongue, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 32.65 | 5 |
| Houseleek, dried | The Norwegian Crop Research Institute, Norway | Norway | 5.24 | 5 |
| Hyssop, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 52.29 | 5 |
| Hyssop, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 44.90 | 5 |
| Iceland moss (<i>Cetraria islandica</i>), dried | The Norwegian Crop Research Institute, Norway | Norway | 0.71 | 5 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Imperatoria ostruthium, rhizome | The Norwegian Crop Research Institute, Norway | Norway | 27.56 | 5 |
| Jalapeño Pepper, dried | Black Boy, Rieber og søn | Norway | 8.25 | 3 |
| Japanese pepper, dried ground | Japan | Japan | 36.92 | 3 |
| Japanese rose, Ramanas rose, fruit shell, dried | The Norwegian Crop Research Institute, Norway | Norway | 58.66 | 5 |
| Juniper berries, blue, dried | The Norwegian Crop Research Institute, Norway | Norway | 19.29 | 5 |
| Juniper berries, coniferous litter, dried | The Norwegian Crop Research Institute, Norway | Norway | 76.77 | 5 |
| Juniper berries, dried | Norsk Øko-Urt AB, Norway | Norway | 8.89 | 5 |
| Juniper berries, dried | Black Boy, Rieber og søn | Norway | 9.27 | 3 |
| Juniper berries, green, dried | Norsk Øko-Urt BA, Norway | Norway | 8.42 | 5 |
| Juniper berries, green, dried | The Norwegian Crop Research Institute, Norway | Norway | 80.26 | 5 |
| Kaloonji, whole seeds, dried | Ashiq Cash&Carry, England | Norway | 1.02 | 3 |
| Knotgrass, dried | The Norwegian Crop Research Institute, Norway | Norway | 16.62 | 5 |
| Lady's bedstraw, dried | The Norwegian Crop Research Institute, Norway | Norway | 9.90 | 5 |
| Lady's mantle, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 43.31 | 5 |
| Lady's mantle, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 24.99 | 5 |
| Lavender, leaves and flower, dried | Norsk Øko-Urt AB, Norway | Norway | 29.61 | 5 |
| Lemon balm (Melissa officinalis), leaves, fresh | Norway | Norway | 1.32 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Lemon balm, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 125.33 | 5 |
| Lemon pepper | Santa Maria | Norway | 0.66 | |
| Lemon pepper | Hindu, Norway | Norway | 1.00 | |
| Lemon thyme, leaves and flower, dried | Norsk Øko-Urt AB, Norway | Norway | 92.18 | 5 |
| Lemon thyme, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 9.22 | 5 |
| Liquorice, sweet-root, root and rhizome | The Norwegian Crop Research Institute, Norway | Norway | 2.71 | 5 |
| Lovage (Levisticum officinale), leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 23.70 | 5 |
| Lovage (Levisticum officinale), leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 36.17 | 5 |
| Maghaj, dried | India | India | 0.27 | 3 |
| Maral Root (Leuzea carthamoides), leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 69.57 | 5 |
| Marigold (Calendula officinalis), flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 9.83 | 5 |
| Meadowsweet (Filipendula ulmaria), dried | The Norwegian Crop Research Institute, Norway | Norway | 154.05 | 5 |
| Meadowsweet (Filipendula ulmaria), flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 117.77 | 5 |
| Meadowsweet (Filipendula ulmaria), flower, dried | Norsk Øko-Urt AB, Norway | Norway | 167.82 | 5 |
| Meadowsweet (Filipendula ulmaria), leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 111.30 | 5 |
| Merian, dried | Santa Maria, Sweden | Norway | 53.92 | 3 |
| Mint, dried | Onena Spices, Spain | Norway | 71.95 | 3 |
| Mint, Mentha spicata, fresh | | Norway | 1.27 | 3 |
| Motherwort (Leonurus cardiaca), dried | The Norwegian Crop Research Institute, Norway | Norway | 13.19 | 5 |
| Mugwort, dried | The Norwegian Crop Research Institute, Norway | Norway | 23.79 | 5 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Mullein, flower, dried | The Norwegian Crop Research Institute, Norway | Norway | 37.71 | 5 |
| Mustard powder | Spice Cargo | Mexico | 10.30 | 3 |
| Mustard powder | Colman's | Norway | 10.39 | 3 |
| Mustard seed, yellow, ground | | USA | 10.53 | 6 |
| Mustard seeds | India | India | 3.78 | 3 |
| Mustard seeds, brown, whole | Asian Bazaar | Mexico | 6.70 | 3 |
| Mustard seeds, ground | Mexico | Mexico | 9.44 | 3 |
| Mustard seeds, yellow, whole | Asian Bazaar | Mexico | 7.52 | 3 |
| Nettle, White Deaed, dried | The Norwegian Crop Research Institute, Norway | Norway | 18.21 | 5 |
| Northern dock, dried | The Norwegian Crop Research Institute, Norway | Norway | 43.61 | 5 |
| Northern dock, root | The Norwegian Crop Research Institute, Norway | Norway | 56.69 | 5 |
| Nutmeg (Jalwatri), dried | Roopaks, Ajmal Khan, N. Dehli | India | 19.42 | 3 |
| Nutmeg, dried | India | India | 33.00 | 3 |
| Nutmeg, dried ground | Black Boy, Rieber og søn | Norway | 20.32 | 3 |
| Nutmeg, dried ground | Mexico | Mexico | 43.52 | 3 |
| Nutmeg, whole, dried | Jaifal, England | Norway | 15.83 | 3 |
| Onion, dried ground | | USA | 0.95 | 6 |
| Oregano (oregano entero), dried | La Surtidora | Mexico | 73.77 | 3 |
| Oregano, dried | | USA | 40.30 | 6 |
| Oregano, dried | Greece | Norway | 45.58 | 3 |
| Oregano, dried | Norsk Øko-Urt AB, Norway | Norway | 89.51 | 5 |
| Oregano, dried | Mexico | Mexico | 47.64 | 3 |
| Oregano, dried | Gökqehan, Turkey | Norway | 96.64 | 3 |
| Oregano, dried | Hindu, Norway | Norway | 48.02 | 3 |
| Oregano, dried | Black Boy, Rieber og søn | Norway | 44.99 | 3 |
| Oregano, dried | Santa Maria | Norway | 21.42 | |
| Oregano, dried | McCormick | Mexico | 82.61 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Oregano, fresh | Norway | Norway | 3.75 | 3 |
| Oregano, fresh | Gartner, BAMA, Norway | Norway | 3.81 | 3 |
| Orpine (Sedum telephium), rhizome | The Norwegian Crop Research Institute, Norway | Norway | 57.83 | 5 |
| Paprika (powder), dried ground | Rajah | Norway | 6.78 | 3 |
| Paprika (powder), dried ground | | USA | 8.60 | 6 |
| Paprika (powder), dried ground | Santa Maria, Sweden | Norway | 5.93 | 3 |
| Paprika (powder), dried ground | Paprika Molido | Mexico | 7.44 | 3 |
| Paprika (powder), dried ground | Engebretsen AS, Norway | Norway | 8.08 | 3 |
| Paprika, (powder), dried ground | Black Boy, Rieber og søn | Norway | 5.59 | 3 |
| Paprika, (powder), red, dried ground | Spice Cargo | Mexico | 5.75 | 3 |
| Parsely, big leaves, fresh | Linnes gård, Norway | Norway | 1.93 | 3 |
| Parsley | Mali | Mali | 1.12 | 3 |
| Parsley | Norway | Norway | 0.86 | 3 |
| Parsley | Sweden | Norway | 1.22 | 5 |
| Parsley | Lier | Norway | 2.00 | 3 |
| Parsley, big leaves, fresh | Sweden | Norway | 2.03 | 5 |
| Parsley, dried | Hindu, Norway | Norway | 3.72 | |
| Parsley, dried | | USA | 7.43 | 6 |
| Parsley, dried | Norsk Øko-Urt AB, Norway | Norway | 10.09 | 5 |
| Parsley, dried | Black Boy, Rieber og søn | Norway | 3.64 | 3 |
| Parsley, dried | Santa Maria | Norway | 3.81 | |
| Parsley, dried | Spice Cargo | Mexico | 8.23 | 3 |
| Pepper (pimenta dulce molid), dried ground | McCormick | Mexico | 50.96 | 3 |
| Pepper, black (pimenta negra molid), dried ground | La Surtidora | Mexico | 5.08 | 3 |
| Pepper, black, dried ground | Spice Cargo | Mexico | 6.68 | 3 |
| Pepper, black, dried ground | Rajah | Norway | 6.65 | 3 |
| Pepper, black, dried ground | Black Boy, Rieber og søn | Norway | 8.71 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Pepper, black, dried ground | | USA | 4.54 | 6 |
| Pepper, black, whole, dried | India | India | 4.15 | 3 |
| Pepper, black, whole, dried | | USA | 4.34 | 6 |
| Pepper, dark green "berries" on the stem, fresh | Thailand | Norway | 0.26 | 3 |
| Pepper, green "berries" on the stem, fresh | Thailand | Norway | 0.46 | 3 |
| Pepper, white, dried ground | Santa Maria | Norway | 3.92 | 3 |
| Pepper, white, dried ground | Rajah | Norway | 5.02 | 3 |
| Pepper, white, whole | Roopaks, Ajmal Khan, N. Dehli | India | 3.49 | 3 |
| Peppermint, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 160.82 | 5 |
| Pepperwort, garden cress, fresh | | Norway | 2.42 | 3 |
| Perforate St. John's wort, flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 54.37 | 5 |
| Piffi, dried ground | Engebretsen AS, Norway | Norway | 0.61 | 3 |
| Piri Piri, dried ground | Santa Maria | Norway | 9.39 | 3 |
| Piri-piri, dried | Black Boy, Rieber og søn | Norway | 6.51 | 3 |
| Pot marigold, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 11.47 | 5 |
| Purple Coneflower, flower and leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 16.09 | 5 |
| Purple Loosestrife (Lythrum salicaria), flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 111.04 | 5 |
| Quack grass, rootstock (Elytrigia repens, rhizome) | The Norwegian Crop Research Institute, Norway | Norway | 0.88 | 5 |
| Rai, dried | India | India | 2.84 | 3 |
| Raspberry, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 46.89 | 5 |
| Raspberry, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 32.56 | 5 |
| Raspberry, leaves, fresh | Norway | Norway | 21.36 | 4 |
| Red clover, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 39.92 | 5 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Red wortleberries, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 102.07 | 5 |
| Red-berried elder, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 56.66 | 5 |
| Ribwort, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 34.81 | 5 |
| Rose, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 153.90 | 5 |
| Rose-bay, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 101.33 | 5 |
| Rose-bay, willow herb flower, dried | Norsk Øko-Urt AB, Norway | Norway | 93.48 | 5 |
| Rose-bay, willow herb, flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 120.99 | 5 |
| Rosemary, dried | Hindu, Norway | Norway | 35.81 | 3 |
| Rosemary, dried | Black Boy, Rieber og søn | Norway | 66.92 | 3 |
| Rosemary, fresh | Norway | Norway | 5.64 | 3 |
| Rosemary, fresh leaves | Gartner, BAMA, Norway | Norway | 11.07 | 3 |
| Rosemary, fresh leaves | BAMA gruppen, Norway | Norway | 6.34 | 3 |
| Rosemary, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 56.95 | 5 |
| Rosemary, leaves, dried | Spice Cargo | Mexico | 39.99 | 3 |
| Rosemary, leaves, dried | Gökqehan, Turkey | Norway | 24.34 | 3 |
| Roseroot, fresh | The Norwegian Crop Research Institute, Norway | Norway | 5.63 | 5 |
| Saffron, Balaji, dried ground | Delhi Keshar co. | India | 23.83 | 3 |
| Saffron, dried ground | Roopaks, Ajmal Khan, N. Dehli | India | 61.72 | 3 |
| Saffron, dried ground | Gaea, Greece | Norway | 47.83 | 3 |
| Saffron, stigma | Mexico | Mexico | 7.02 | 3 |
| Saffron, stigma | Carmencita, Spain | Norway | 24.83 | 3 |
| Saffron, stigma | Bahraman Saffron, Iran | Iran | 20.58 | 3 |
| Sage, dried | Hindu, Norway | Norway | 34.88 | 3 |
| Sage, dried | Spice Cargo | Mexico | 58.80 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Sage, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 39.36 | 5 |
| Sanguisorba officinalis, dried | The Norwegian Crop Research Institute, Norway | Norway | 33.37 | 5 |
| Saunf, big, dried | India | India | 7.09 | 3 |
| Saunf, small, dried | India | India | 6.46 | 3 |
| Scented mayweed, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 16.63 | 5 |
| Shah jerra, dried | Roopaks, Ajmal Khan, N. Dehli | India | 5.34 | 3 |
| Shepherd's purse, dried | The Norwegian Crop Research Institute, Norway | Norway | 5.52 | 5 |
| Silverweed, dried | The Norwegian Crop Research Institute, Norway | Norway | 35.79 | 5 |
| Small-leaved lime, flower, dried | The Norwegian Crop Research Institute, Norway | Norway | 34.83 | 5 |
| Somage, dried ground | Iran | Iran | 85.58 | 3 |
| Sorrel, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 19.52 | 5 |
| Sorrel, Wood (Oxalis acetosella), dried | The Norwegian Crop Research Institute, Norway | Norway | 6.54 | 5 |
| Southernwood, flower, stem and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 34.88 | 5 |
| Spanish chervil, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 54.96 | 5 |
| Speedwell, dried | The Norwegian Crop Research Institute, Norway | Norway | 94.79 | 5 |
| Spice mix, Kjøkkensjef Natvigs | Black Boy, Rieber og søn | Norway | 0.39 | |
| Spice mix, Aromat | Knorr | Norway | 0.27 | |
| Spice mix, Gastromat | Gastromat A/S, Norway | Norway | 0.60 | |
| Spicemix, taco | ICA, Sweden | Norway | 2.63 | 3 |
| Spicemix, taco, original, TexMex | Santa Maria, Sweden | Norway | 4.11 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Spicemix, tacos | Old El Paso | Norway | 3.80 | 3 |
| Spruce, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 29.31 | 5 |
| St. John's wort, flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 72.16 | 5 |
| Star anise, dried | India | India | 11.30 | 3 |
| Stevia Drypp, juice from fermented leaves | Medurt Pharma | Norway | 3.28 | |
| Stevia rebaudiana, dried leaves | Medurt Pharma | Norway | 63.55 | |
| Stevia rebaudiana, fermented leaves | Medurt Pharma | Norway | 3.17 | |
| Stevia rebaudiana, leaves | Medurt Pharma | Norway | 6.27 | |
| Stevia rebaudiana, leaves | | Norway | 14.25 | 4 |
| Stinging nettle, dried | The Norwegian Crop Research Institute, Norway | Norway | 13.09 | 5 |
| Stinging nettle, leaves | Norway | Norway | 3.66 | 4 |
| Sugar kelp, dried, Kombu Royal | Iceland | Iceland | 0.26 | |
| Summac, dried ground | Khater Spice, Lebanon | Norway | 42.36 | 3 |
| Summer savory, leaves and flower, dried | Norsk Øko-Urt AB, Norway | Norway | 59.66 | 5 |
| Sundew (Drosera angelica), dried | The Norwegian Crop Research Institute, Norway | Norway | 79.02 | 5 |
| Sundew (Drosera rotundifolia), dried | The Norwegian Crop Research Institute, Norway | Norway | 85.97 | 5 |
| Sweet marjoram, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 92.31 | 5 |
| Tamarind | India | India | 3.50 | 3 |
| Tansy, flower, dried | The Norwegian Crop Research Institute, Norway | Norway | 30.71 | 5 |
| Tej Pata (bay leaves), dried | India | India | 18.54 | 3 |
| Thribi, dried | Greece | Norway | 42.56 | 3 |
| Thyme, dried | Black Boy, Rieber og søn | Norway | 63.75 | 3 |
| Thyme, dried | Greece | Norway | 42.00 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Thyme, dried | Norsk Øko-Urt AB, Norway | Norway | 63.13 | 5 |
| Thyme, fresh | Norway | Norway | 2.16 | 3 |
| Thyme, fresh leaves | Gartner, BAMA, Norway | Norway | 2.65 | 3 |
| Thyme, fresh leaves | BAMA gruppen, Norway | Norway | 1.46 | 3 |
| Trembling poplar, Aspen, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 26.65 | 5 |
| Turmeric, dried ground | | USA | 15.68 | 6 |
| Turmeric, dried ground | Black Boy, Rieber og søn | Norway | 10.25 | 3 |
| Turmeric, dried ground | Rajah | Norway | 10.92 | 3 |
| Turmeric, dried ground | Unifood, India | Norway | 10.55 | 3 |
| Turmeric, dried ground | Spice Cargo | Mexico | 15.63 | 3 |
| Turmeric, Haldi, dried ground | Rajah | Norway | 11.83 | 3 |
| Turmeric, whole, dried | India | India | 13.60 | 3 |
| Vanilla pod, seeds from pod | Onena Spices, Spain | Norway | 3.73 | 3 |
| Vanilla pod, seeds from pod | Tørsleffs, Haugen-gruppen | Norway | 5.15 | 3 |
| Vanilla pod, whole with seeds | Onena Spices, Spain | Norway | 7.13 | 3 |
| Vanilla pod, whole with seeds | Tørsleffs, Haugen-gruppen | Norway | 7.38 | 3 |
| Vanilla pod, whole with seeds | Black Boy, Rieber og søn | Norway | 7.16 | 3 |
| Vanilla pod, without seeds | Black Boy, Rieber og søn | Norway | 10.09 | 3 |
| Vanilla pod, without seeds | Onena Spices, Spain | Norway | 8.69 | 3 |
| Vanilla pod, without seeds | Tørsleffs, Haugen-gruppen | Norway | 8.50 | 3 |
| Vanilla, seeds from pod | Black Boy, Rieber og søn | Norway | 2.59 | 3 |
| Viola canina, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 12.90 | 5 |
| Wall germander (Teucrium chamaedrys), dried | The Norwegian Crop Research Institute, Norway | Norway | 48.14 | 5 |
| Wasabi, paste | Japan | Japan | 0.11 | 3 |

Category 22 Spices and herbs continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Wild marjoram, leaves, dried | Norsk Øko-Urt AB, Norway | Norway | 131.92 | 5 |
| Wild marjoram, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 142.86 | 5 |
| Woodland geranium (Geranium sylvaticum), dried | The Norwegian Crop Research Institute, Norway | Norway | 113.27 | 5 |
| Wormwood, absinth, dried | The Norwegian Crop Research Institute, Norway | Norway | 10.42 | 5 |
| Wych elm, leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 15.65 | 5 |
| Yarrow, flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 31.66 | 5 |
| Yarrow, flower, dried | Norsk Øko-Urt AB, Norway | Norway | 18.61 | 5 |
| Yellow Loosestrife (Lysimacha vulgaris), leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 72.96 | 5 |
| Yellow sweet clover, flower and leaves, dried | The Norwegian Crop Research Institute, Norway | Norway | 5.14 | 5 |

Category 23 Vegetables

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Alfa sprouts | Natural Spirer | Norway | 0.14 | 3 |
| Artichoke | Italy | Norway | 0.69 | 3 |
| Artichoke, boiled | Other Brand | USA | 3.89 | 6 |
| Artichoke, boiled | Ocean Mist | USA | 4.54 | 6 |
| Artichoke, brine pack | Delallo | USA | 3.36 | 6 |
| Artichoke, canned | Mario's, Spain | Norway | 4.76 | 3 |
| Artichoke, leaves | Italy | Norway | 1.66 | 3 |
| Artichoke, microwaved | Ocean Mist | USA | 4.69 | 6 |
| Artichoke, water pack | Progresso | USA | 4.32 | 6 |
| Asparagus | | USA | 0.36 | 6 |
| Asparagus | Agro Paracas, Peru | Norway | 0.85 | 3 |
| Asparagus bean, frozen | Hakon, Norway | Norway | 0.34 | 3 |
| Asparagus bean, frozen, cooked | Hakon, Norway | Norway | 0.24 | 3 |
| Asparagus, cooked | | USA | 0.75 | 6 |
| Aubergine | Netherlands | Norway | 0.25 | 3 |
| Aubergine | Mali | Mali | 0.07 | 3 |
| Aubergine | Italy | Norway | 0.18 | 3 |
| Aubergine, native, red | Mali | Mali | 0.17 | 3 |
| Aubergine, native, white | Mali | Mali | 0.07 | 3 |
| Avocado | | USA | 0.41 | 1, 6 |
| Avocado | | Norway | 0.44 | 1, 3 |
| Baby carrots | | USA | 0.04 | 6 |
| Beans with tomato sauce, canned | Diva, Italy | Norway | 0.16 | 3 |
| Beet (beetroot) | Norway | Norway | 1.68 | 3 |
| Beet (beetroot) | Finstad Gård, Sande, Norway | Norway | 1.41 | 3 |
| Broccoli | | Norway | 0.85 | 3 |
| Broccoli | | USA | 0.25 | 6 |
| Broccoli | Spain | Norway | 0.68 | 3 |
| Broccoli | Sweden | Norway | 0.30 | 3 |
| Broccoli raab | | USA | 0.65 | 6 |
| Broccoli raab, cooked | | USA | 0.97 | 6 |
| Broccoli, cooked | | Norway | 0.91 | 3 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Broccoli, cooked | | USA | 1.00 | 6 |
| Brussels sprout, Content | Norwegian University of Life Sciences | Norway | 0.74 | 5 |
| Brussels sprouts | BAMA gruppen, Holland | Norway | 0.89 | 3 |
| Brussels sprouts | | Norway | 1.33 | 3 |
| Cabbage | Norway | Norway | 0.15 | 3 |
| Cabbage | | USA | 0.10 | 6 |
| Cabbage | Mali | Mali | 0.02 | 3 |
| Cabbage, cooked | | USA | 0.45 | 6 |
| Cabbage, Lady | Norwegian University of Life Sciences | Norway | 0.10 | 5 |
| Cabbage, red | Norway | Norway | 1.78 | 3 |
| Cabbage, red | | USA | 0.80 | 6 |
| Cabbage, red | Dole | Norway | 1.61 | 5 |
| Cabbage, red, Auroro | Norwegian University of Life Sciences | Norway | 2.09 | 5 |
| Cabbage, red, cooked | | USA | 2.15 | 6 |
| Cabbage, red, from packaged Classic Iceberg salad, chopped | Dole | Norway | 1.05 | 5 |
| Cantaloupe | | USA | 0.25 | 6 |
| Carrot drink | Eckes-Granini | Norway | 0.28 | 3 |
| Carrot juice | Bræmhults, Sweden | Norway | 0.06 | 3 |
| Carrots | Dole | Norway | 0.06 | 5 |
| Carrots | Sweden | Sweden | 0.09 | 5 |
| Carrots | Mali | Mali | 0.02 | 3 |
| Carrots | | USA | 0.03 | 6 |
| Carrots, cooked | | USA | 0.10 | 6 |
| Carrots, cut, frozen | Birds Eye | USA | 0.05 | 6 |
| Carrots, cut, frozen | Store Brand | USA | 0.06 | 6 |
| Carrots, cut, frozen, boiled | Store Brand | USA | 0.07 | 6 |
| Carrots, cut, frozen, microwaved | Store Brand | USA | 0.08 | 6 |
| Carrots, from packaged Classic Iceberg salad, chopped | Dole | Norway | 0.02 | 5 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Carrots, frozen | Birds Eye | USA | 0.07 | 6 |
| Carrots, frozen | Store Brand | USA | 0.07 | 6 |
| Carrots, frozen, boiled | Store Brand | USA | 0.07 | 6 |
| Carrots, frozen, boiled | Birds Eye | USA | 0.08 | 6 |
| Carrots, frozen, microwaved | Store Brand | USA | 0.08 | 6 |
| Carrots, frozen, microwaved | Birds Eye | USA | 0.09 | 6 |
| Carrots, Nantes Duke | Norwegian University of Life Sciences | Norway | 0.05 | 5 |
| Carrots, red, in syrup | Roopaks, Ajmal Khan, N. Dehli | India | 0.15 | 3 |
| Carrots, Yukon | Norwegian University of Life Sciences | Norway | 0.06 | 5 |
| Cassava | Mali | Mali | 0.17 | 3 |
| Cauliflower | Latorre, Spain | Norway | 0.35 | 3 |
| Cauliflower | | Norway | 0.33 | 3 |
| Cauliflower, Alverda | Norwegian University of Life Sciences | Norway | 0.22 | 5 |
| Cauliflower, blue | Grafitti | Norway | 3.33 | 3 |
| Cauliflower, blue, cooked | Grafitti | Norway | 3.52 | 3 |
| Cauliflower, boiled | | Norway | 0.80 | 3 |
| Cauliflower, Freemont | Norwegian University of Life Sciences | Norway | 0.13 | 5 |
| Celeriac, turnip-rooted celery | Sweden | Norway | 0.10 | 3 |
| Celery | | USA | 0.06 | 6 |
| Celery | Mali | Mali | 0.81 | 3 |
| Celery, blanched | Carmel, Israel | Norway | 0.00 | 3 |
| Chinese cabbage | FRUPOR, Portugal | Norway | 0.33 | 3 |
| Chinese cabbage | Norway | Norway | 0.47 | 3 |
| Chinese cabbage | Norgesfrukt, Norway | Norway | 0.56 | 3 |
| Courgettes | Mali | Mali | 0.03 | 3 |
| Cucumber | Mali | Mali | 0.02 | 3 |
| Cucumber | | USA | 0.04 | 6 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Cucumber (Cucumis sativus) | Norwegian University of Life Sciences | Norway | 0.04 | 5 |
| Cucumber (Cucumis sativus) | Norway | Norway | 0.04 | 3 |
| Cucumber pickles | Sweets Favorite | USA | 0.28 | 3 |
| Cucumber pickles, whole | Nora, Stabburet, Norway | Norway | 0.08 | 3 |
| Cucumber, small, russian | Øivind Sten, Norway | Norway | 0.09 | 3 |
| Cucumber, without peel | | USA | 0.02 | 6 |
| Curly kale | | Norway | 1.62 | 3 |
| Curly kale | Sweden | Sweden | 2.68 | 5 |
| Curly kale, Bornick | Norwegian University of Life Sciences | Norway | 2.65 | 5 |
| Curly kale, red | Sweden | Sweden | 4.09 | 5 |
| Edible mushroom (Agaricus bisporus/champignon) | | Norway | 0.90 | 3 |
| Edible mushroom (Agaricus bisporus/champignon), canned | Diva | Norway | 0.23 | 3 |
| Fennel | Netherlands | Norway | 0.07 | 3 |
| French fried potatoes, frozen, cooked, steak fries | Ore Ida | USA | 0.27 | 6 |
| French fried potatoes, frozen, crinkle cut | Ore Ida | USA | 0.26 | 6 |
| French fried potatoes, frozen, crinkle cut | Store or Other Brand | USA | 0.27 | 6 |
| French fried potatoes, frozen, crinkle cut, cooked | Ore Ida | USA | 0.22 | 6 |
| French fried potatoes, frozen, crinkle cut, cooked | Store or Other Brand | USA | 0.25 | 6 |
| French fried potatoes, frozen, shoestring | Store or Other Brand | USA | 0.26 | 6 |
| French fried potatoes, frozen, shoestring | Ore Ida | USA | 0.38 | 6 |
| French fried potatoes, frozen, shoestring , cooked | Ore Ida | USA | 0.34 | 6 |
| French fried potatoes, frozen, shoestring, cooked | Store or Other Brand | USA | 0.31 | 6 |
| French fried potatoes, frozen, steak fries | Store or Other Brand | USA | 0.23 | 6 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| French fried potatoes, frozen, steak fries, cooked | Store or Other Brand | USA | 0.21 | 6 |
| French fried potatoes, frozen, tater tots | Store or Other Brand | USA | 0.28 | 6 |
| French fried potatoes, frozen, tater tots, cooked | Store or Other Brand | USA | 0.22 | 6 |
| French fried potatoes, frozen, tater tots, seasoned shredded potatoes | Ore Ida | USA | 0.10 | 6 |
| French fried potatoes, frozen, tater tots, seasoned shredded potatoes, cooked | Ore Ida | USA | 0.13 | 6 |
| French fried potatoes, steak fries | Ore Ida | USA | 0.26 | 6 |
| French fries | McDonald's | Norway | 0.43 | 3 |
| French fries | Hakon, Norway | Norway | 0.20 | 3 |
| French fries | McDonald's | USA | 0.33 | 6 |
| French fries | Burger King | USA | 0.34 | 6 |
| French frites, light | Hoff Norske Potetindustrier, Norway | Norway | 0.16 | 3 |
| French toast sticks | Burger King | USA | 0.19 | 6 |
| Garlic | | Norway | 0.22 | 3 |
| Garlic | Sweden | Norway | 0.06 | 3 |
| Garlic | Mali | Mali | 0.21 | 3 |
| Garlic | Netherlands | Norway | 0.21 | 3 |
| Hash brown rounds | Burger King | USA | 0.24 | 6 |
| Hash browns | McDonald's | USA | 0.35 | 6 |
| Horse radish | | Norway | 0.49 | 3 |
| Horse radish | | Norway | 0.68 | 3 |
| Leaves from the African Baobab tree, dry, crushed | Mali | Mali | 48.07 | 3 |
| Leaves of the Pumpkin plant | Malawi | Malawi | 1.02 | 4 |
| Leaves of the Sweet Potato plant | Malawi | Malawi | 0.48 | 4 |
| Leek | Mali | Mali | 0.90 | 3 |
| Leek | Sweden | Norway | 0.16 | 3 |
| Leek | France | Norway | 0.25 | 3 |
| Lettuce, Butterhead | | USA | 0.13 | 6 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Lettuce, Crispheaded | Norwegian University of Life Sciences | Norway | 0.07 | 5 |
| Lettuce, Endevie | France | Norway | 0.10 | 3 |
| Lettuce, Green leaves | | USA | 0.24 | 6 |
| Lettuce, Iceberg | Dole | Norway | 0.02 | 5 |
| Lettuce, Iceberg | | USA | 0.17 | 6 |
| Lettuce, Iceberg, from packaged Classic Iceberg salad, chopped | Dole | Norway | 0.01 | 5 |
| Lettuce, Lollo rosso | Norwegian University of Life Sciences | Norway | 0.60 | 5 |
| Lettuce, Red leaves | | USA | 0.23 | 6 |
| Lettuce, Romaine | | USA | 0.21 | 6 |
| Mixed vegetables | Landlord, Norway | Norway | 0.31 | 3 |
| Mixed vegetables | Hakon, Norway | Norway | 0.29 | 3 |
| Mixed vegetables | Produced in Norway for Coop Norge | Norway | 0.29 | 3 |
| Moringa Stenopetala, dried leaves and stem | Ethiopia | Ethiopia | 11.90 | 4 |
| Moringa Stenopetala, fresh green leaves and stem | Ethiopia | Ethiopia | 3.70 | 4 |
| Mushroom (Pholiota mutabilis) | Norway | Norway | 0.50 | 4 |
| Mushroom, Chanterelle, wild | Norway | Norway | 0.30 | 4 |
| Mushroom, Crimini | | USA | 0.25 | 6 |
| Mushroom, Edible bolete | Norway | Norway | 0.61 | 4 |
| Mushroom, Enoki | Phillips Mushrooms | USA | 0.31 | 6 |
| Mushroom, Enoki | | USA | 0.25 | 6 |
| Mushroom, Enoki | Monterrey Mushrooms | USA | 0.33 | 6 |
| Mushroom, Funnel chantarelle, wild | Norway | Norway | 0.68 | 4 |
| Mushroom, Hedgehog fungus | Norway | Norway | 0.27 | 4 |
| Mushroom, Maitake | Monterrey Mushrooms | USA | 0.23 | 6 |
| Mushroom, Maitake | Phillips Mushrooms | USA | 0.11 | 6 |
| Mushroom, Matriske (Russulaceae) | Norway | Norway | 0.80 | 4 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Mushroom, Oyster | | USA | 0.06 | 6 |
| Mushroom, Portabella | | USA | 0.22 | 6 |
| Mushroom, Portabella, grilled | | USA | 0.34 | 6 |
| Mushroom, Sheep polypore | Norway | Norway | 3.85 | 4 |
| Mushroom, Shiitake, stir-fried | | USA | 0.33 | 6 |
| Mushroom, white | | USA | 0.38 | 6 |
| Mushroom, white, microwave cooked | | USA | 0.43 | 6 |
| Mushroom, white, stir-fried | | USA | 0.23 | 6 |
| Okra (Abelmoschus esculentus) | Mali | Mali | 0.42 | 3 |
| Okra / gumbo, dry, fluor | Mali | Mali | 4.24 | 3 |
| Onion | Mali | Mali | 0.33 | 3 |
| Onion | Mali | Mali | 0.22 | 3 |
| Onion flakes | Natures Treats Australia PTY LTD, Australia | New Zealand | 0.11 | 3 |
| Onion, boiled | | Norway | 0.34 | 3 |
| Onion, red | Italy | Norway | 0.71 | 3 |
| Onion, red, Red Baron | Norwegian University of Life Sciences | Norway | 0.67 | 5 |
| Onion, small | Mali | Mali | 0.18 | 3 |
| Onion, white | Italy | Norway | 0.12 | 3 |
| Onion, yellow | | USA | 0.24 | 6 |
| Onion, yellow | Norway | Norway | 0.64 | 3 |
| Onion, yellow, cooked | | USA | 0.26 | 6 |
| Parsnip | France | Norway | 0.11 | 3 |
| Parsnip | Netherlands | Norway | 0.08 | 3 |
| Pepper, bell-, green | | Norway | 1.56 | 3 |
| Pepper, bell-, green | Mali | Mali | 0.44 | 3 |
| Pepper, bell-, orange | | Norway | 1.94 | 3 |
| Pepper, bell-, red | | Norway | 1.81 | 3 |
| Pepper, bell-, yellow | | Norway | 1.79 | 3 |
| Pepper, green | | USA | 0.26 | 6 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|---------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Pepper, green, cooked | | USA | 1.22 | 6 |
| Pepper, red | | USA | 0.91 | 6 |
| Pepper, red, cooked | | USA | 1.64 | 6 |
| Pickle, just the solution from cucumber pickles | Sweets Favorite | USA | 0.15 | 3 |
| Pickle, just the solution from cucumber pickles (whole) | Nora, Stabburet, Norway | Norway | 0.07 | 3 |
| Potato, blue, Congo | France | Norway | 0.93 | 3 |
| Potatoes | Mali | Mali | 0.13 | 3 |
| Potatoes, Beate | Norway | Norway | 0.06 | 3 |
| Potatoes, red | | USA | 0.22 | 6 |
| Potatoes, red, cooked | | USA | 0.45 | 6 |
| Potatoes, Roseval | France | Norway | 0.08 | 3 |
| Potatoes, Russet | | USA | 0.42 | 6 |
| Potatoes, Russet, cooked | | USA | 0.50 | 6 |
| Potatoes, white | | USA | 0.19 | 6 |
| Potatoes, white, cooked | | USA | 0.43 | 6 |
| Pumpkin | | Norway | 0.05 | 3 |
| Pumpkins | Mali | Mali | 0.02 | 3 |
| Radishes | | USA | 0.12 | 6 |
| Radishes | Primaflor, Spain | Norway | 0.39 | 3 |
| Radishes | France | Norway | 0.40 | 3 |
| Rhubarb | Norway | Norway | 0.62 | 4 |
| Savoy cabbage | | Norway | 0.42 | 3 |
| Savoy cabbage, Taler | Norwegian University of Life Sciences | Norway | 0.40 | 5 |
| Spinach | Italy | Norway | 0.89 | 3 |
| Spinach, chopped, frozen | Store Brand | USA | 0.97 | 6 |
| Spinach, chopped, frozen | Birds Eye | USA | 1.00 | 6 |
| Spinach, chopped, frozen | Green Giant | USA | 1.01 | 6 |
| Spinach, chopped, frozen, boiled | Store Brand | USA | 0.99 | 6 |
| Spinach, chopped, frozen, boiled | Birds Eye | USA | 1.13 | 6 |
| Spinach, chopped, frozen, microwave cooked | Store Brand | USA | 1.10 | 6 |
| Spinach, chopped, frozen, microwave cooked | Birds Eye | USA | 1.21 | 6 |
| Spinach, frozen | Birds Eye | USA | 1.31 | 6 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Spinach, frozen | Store Brand | USA | 1.17 | 6 |
| Spinach, frozen, boiled | Store Brand | USA | 1.10 | 6 |
| Spinach, frozen, boiled | Birds Eye | USA | 1.11 | 6 |
| Spinach, frozen, microwave cooked | Store Brand | USA | 1.31 | 6 |
| Spinach, frozen, microwave cooked | Birds Eye | USA | 1.35 | 6 |
| Sugar peas | Safar, Kenya | Norway | 0.64 | 3 |
| Summer squash, green | Spain | Norway | 0.08 | 3 |
| Summer squash, green | Norway | Norway | 0.11 | 3 |
| Summer squash, yellow | Spain | Norway | 0.06 | 3 |
| Swede (rutabaga) | | Norway | 0.43 | 3 |
| Swede (rutabaga), Vige | Norwegian University of Life Sciences | Norway | 0.37 | 5 |
| Sweet onions | | USA | 0.15 | 6 |
| Sweet potato, blue (Yam), peeled | | Norway | 0.54 | 3 |
| Sweet potatoe | Mexico | Norway | 0.24 | 3 |
| Sweet potatoe | | USA | 0.08 | 6 |
| Sweet potatoe, baked | | USA | 0.79 | 6 |
| Sweet potatoe, boiled | | USA | 0.33 | 6 |
| Sweet potatoe, pale | New Zealand | New Zealand | 0.20 | 3 |
| Sweet potatoe, red/white | Mali | Mali | 0.16 | 3 |
| Sweet potatoe, yellow | Mali | Mali | 0.12 | 3 |
| Syrup from red carrot | Roopaks, Ajmal Khan, N. Dehli | India | 0.07 | 3 |
| Tomato juice | Welch's | USA | 0.19 | 3 |
| Tomato juice | Cadiso, Denmark | Norway | 0.41 | 3 |
| Tomato juice | S&W Fine Food, USA | Norway | 0.81 | 3 |
| Tomato juice | Maroc | Norway | 0.25 | 3 |
| Tomato juice | Campbell's | USA | 1.06 | 3 |
| Tomato juice | Eckes-Granini | Norway | 0.26 | 3 |
| Tomato juice | Cofrutos | Norway | 0.34 | 3 |
| Tomato juice | Granini | Norway | 0.23 | 3 |
| Tomato juice | Campbell's | Norway | 0.90 | 3 |
| Tomato juice | Molinera | Norway | 0.41 | 3 |
| Tomato juice | Stop&Shop | USA | 0.70 | 3 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Tomato juice, ecological | Svanes | Norway | 0.44 | 3 |
| Tomato juice, Premium | Del Monte | Norway | 0.25 | 3 |
| Tomato juice, Sun-C | Cadiso, Denmark | Norway | 0.44 | 3 |
| Tomatoes | Norway | Norway | 0.22 | 3 |
| Tomatoes | | USA | 0.16 | 6 |
| Tomatoes | Mali | Mali | 0.30 | 3 |
| Tomatoes in tomato juice, canned, whole | Store Brand | USA | 0.24 | 6 |
| Tomatoes in tomato juice, canned, whole | Hunt's | USA | 0.26 | 6 |
| Tomatoes in tomato juice, canned, whole | Red Gold | USA | 0.23 | 6 |
| Tomatoes, canned, chopped, heated | ICA | Norway | 0.49 | 3 |
| Tomatoes, cherry- | The Greenery, Netherlands | Norway | 0.62 | 3 |
| Tomatoes, cherry- | Netherlands | Norway | 0.34 | 3 |
| Tomatoes, cherry- | Jone Wiig, Norway | Norway | 0.39 | 3 |
| Tomatoes, chopped | Del Monte | Norway | 0.33 | 3 |
| Tomatoes, chopped, canned | ICA | Norway | 0.42 | 3 |
| Tomatoes, chopped, canned | Biona | Norway | 0.31 | 3 |
| Tomatoes, chopped, canned | Euro Shopper | Norway | 0.39 | 3 |
| Tomatoes, chopped, canned, heated | Euro Shopper | Norway | 0.48 | 3 |
| Tomatoes, cluster tomatoes | Netherlands | Norway | 0.29 | 3 |
| Tomatoes, cluster tomatoes | Norway | Norway | 0.17 | 3 |
| Tomatoes, cluster tomatoes, small | Vereijken KwekerijenBV, Netherlands | Norway | 0.39 | 3 |
| Tomatoes, cluster tomatoes, small | Jone Wiig, Norway | Norway | 0.33 | 3 |
| Tomatoes, coarsely chopped, canned | Eldorado | Norway | 0.25 | 3 |
| Tomatoes, coarsely chopped, canned | Landlord | Norway | 0.38 | 3 |
| Tomatoes, cooked | | USA | 0.22 | 6 |
| Tomatoes, crushed, passed, canned | Mutti | Norway | 0.37 | 3 |
| Tomatoes, organic peeled tomatoes, canned | Biona | Norway | 0.28 | 3 |
| Tomatoes, plum- | Netherlands | Norway | 0.35 | 3 |

**Category 23 Vegetables
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|------------------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Tomatoes, plum- | Spain | Norway | 0.24 | 3 |
| Tomatoes, steak- | Netherlands | Norway | 0.18 | 3 |
| Tomatoes, sundried | Norgesfrukt | Norway | 1.30 | 3 |
| Tomatoes, sundried, in oil | HGL Gourmet Line's middelhavskjøkken | Norway | 1.95 | 3 |
| Tomatoes, sundried, in oil | Santa Maria | Norway | 1.36 | 3 |
| Tomatoes, sundried, in oil | ICA | Norway | 0.66 | 3 |
| Tomatoes, whole, canned | SW | Norway | 0.20 | 3 |
| Tomatoes, whole, canned | Eldorado | Norway | 0.28 | 3 |
| Tomatoes, whole, canned | Euro Shopper | Norway | 0.41 | 3 |
| Tomatoes, whole, canned | Landlord | Norway | 0.31 | 3 |
| Tomatoes, with chili, extra rich, crushed, without skin, canned | ICA | Norway | 0.56 | 3 |
| Tomatoes, with garlic, extra rich, crushed, without skin, canned | ICA | Norway | 0.61 | 3 |
| Tomatoes, with roasted garlic, canned | SW | Norway | 0.22 | 3 |
| Tomatoes, with sweet basil, crushed, without skin, canned | ICA | Norway | 0.77 | 3 |
| Tomatos, sundried, in canola oil | Sandhurst Fine Foods, Australia | New Zealand | 3.59 | 3 |
| Turnip | Mali | Mali | 0.29 | 3 |
| Vegetable juice | V8 | Norway | 0.50 | 3 |
| Vegetable juice | Eckes-Granini | Norway | 0.27 | 3 |
| Yam | Mali | Mali | 0.22 | 3 |

Category 24 Vitamin and dietary supplements

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------|--------------------------------------------------|-------------|----------------------------------|---------|
| Almond oil | Apotekproduksjon, Norway | Norway | 1.13 | 1, 3 |
| Aloe Vera Gel | | Norway | 0.13 | 3 |
| Alpha Lipoic Acid, 50mg | Nature Made | USA | 2.28 | 3 |
| Amway Nutrilite Double X, Bronze | Quixtar | USA | 30.81 | 3 |
| Amway Nutrilite Double X, Gold | Quixtar | USA | 35.68 | 3 |
| Amway Nutrilite Double X, Silver | Quixtar | USA | 29.72 | 3 |
| Antioxidant capsules, Medox | MedPalett Pharmaceuticals AS | Norway | 444.20 | 5 |
| Antocyanin ascorbates, Aronia | Polyphenols Laboratories AS | Norway | 725.35 | 5 |
| Antocyanin capsules, Cherry | Polyphenols Laboratories AS | Norway | 329.54 | 5 |
| Apricot kernel oil | Aqua Oleum | Norway | 0.98 | 1, 3 |
| Balance, diluted | Pharmanex, Netherlands | Norway | 0.64 | 5 |
| Balance, powder | Pharmanex, Netherlands | Norway | 7.13 | 5 |
| Bausch & Lomb OcuVite | Bausch & Lomb, USA | USA | 293.78 | 3 |
| Bayer One A Day Essential | Bayer HealthCare, USA | USA | 222.32 | 3 |
| B-carotene, capsules | GNC | USA | 2.03 | 1, 3 |
| Body Wise Right Choice AM | Body Wise International | USA | 530.63 | 3 |
| Body Wise Right Choice PM | Body Wise International | USA | 0.88 | 3 |
| Brewer's Yeast, 7.5 grain tablet | Puritan's Pride | USA | 1.74 | 3 |
| Bronson Garlic Oil, softgel 1 mg | Bronson | USA | 0.95 | 2, 3 |
| Catechin 100, Green-tea capsules | | Norway | 536.05 | 1, 3 |
| Centrum | Wyeth Consumer Healthcare | USA | 44.80 | 3 |

Category 24 Vitamin and dietary supplements continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Centrum Silver | Wyeth Consumer Healthcare | USA | 52.51 | 3 |
| Centrum Silver | Whitehall-robins Healthcare, USA | USA | 40.51 | 3 |
| Centrum with lutein | Whitehall-robins Healthcare, USA | USA | 43.56 | 3 |
| Chinese chili oil | | Japan | 2.29 | 2, 3 |
| Chondroitin Sulfate, 400 mg | GNC | USA | 0.05 | 3 |
| Citrosept, extract from grapefruit kernels | Citamani Europe AS | Norway | 12.58 | 3 |
| Coconut oil | KTC(Edibles)Ltd, England | Norway | 1.07 | 1, 3 |
| Cod liver oil | Cumberland Swan | USA | 0.19 | 2, 3 |
| Cod liver oil | Peter Møller, Norway | Norway | 0.34 | 3 |
| Coenzyme Q10, 10 mg | Bronson | USA | 0.08 | 3 |
| Complete One | Puritan's Pride | USA | 165.90 | 3 |
| Coneflower solution | | Norway | 0.42 | 3 |
| CVS Daily Vitamin (no minerals) | CVS | USA | 249.56 | 3 |
| CVS Iron Slow release, 50 mg | CVS | USA | 0.77 | 3 |
| CVS Multivitamin with minerals | CVS | USA | 12.35 | 3 |
| CVS plus iron | CVS | USA | 260.97 | 3 |
| CVS Vitamin B 12, 250 mcg | CVS | USA | 0.19 | 3 |
| CVS Vitamin C (as ascorbic acid), 500 mg | CVS | USA | 1019.69 | 3 |
| CVS Vitamin C with Rose Hips, 500 mg | CVS | USA | 796.59 | 3 |
| CVS Vitamin E (d alpha tocopherol) 400 IU | CVS | USA | 320.70 | 2, 3 |
| Dog Rose oil | Nature Drogeriet A/S | Norway | 0.55 | 3 |
| Drink Mix vanilla flavored, diluted | Carb safe | USA | 0.04 | 3 |
| Drink Mix vanilla flavored, powder | Carb safe | USA | 0.67 | 3 |
| Echinacea cocktail | Bræmhults, Sweden | Norway | 0.66 | 3 |
| Folat pills | | Norway | 0.05 | 3 |
| Forward Multi-Nutrient Oacket | Healthy Directions Corp | USA | 138.54 | 3 |
| Gamma E capsules, oil | Sunkost | Norway | 39.97 | 1, 3 |

Category 24 Vitamin and dietary supplements continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-----------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Geritol Liquid | SmithKline Beecham | USA | 0.33 | 3 |
| Ginkgo Biloba, 60 mg | Bronson | USA | 35.85 | 3 |
| Ginseng cocktail | Bræmhults, Sweden | Norway | 1.20 | 3 |
| Ginseng, Panax, solution | Ortis | Norway | 0.20 | 3 |
| Glucosamine sulfate, 500 mg | Walgreen | USA | 0.67 | 3 |
| GNC brewer's yeast powder, 100 g | GNC | USA | 2.45 | 3 |
| GNC Spirulina, 500 mg capsules | GNC | USA | 5.97 | 3 |
| GNC Ultra Mega Gold | GNC | USA | 235.55 | 3 |
| Grape Seed Extract, 50 mg | Bronson | USA | 108.13 | 3 |
| Jungamals Life Pak for Kids | Pharmanex, Netherlands | Norway | 36.27 | 5 |
| Kirkland high energy pak | Leiner Health Products | USA | 0.01 | 3 |
| Kirkland high energy pak (Chromium Picolinate) | Leiner Health Products | USA | 0.02 | 3 |
| Kirkland high energy pak (Ginseng Concentrate) | Leiner Health Products | USA | 1.78 | 2, 3 |
| Kirkland high energy pak (Multivitamin/mineral) | Leiner Health Products | USA | 0.69 | 3 |
| Kirkland high energy pak (Vitamin C) | Leiner Health Products | USA | 1052.44 | 3 |
| Kirkland high energy pak (Vitamin E) | Leiner Health Products | USA | 6.05 | 2, 3 |
| Korean Ginseng, extract | Bando Korea | Norway | 1.48 | 3 |
| Lecithin, 1200 mg | Nature's Bounty | USA | 3.71 | 2, 3 |
| Lederle Protegra | | USA | 288.68 | 3 |
| Lederle Stresstabs | | USA | 613.49 | 3 |
| Life Extension High Potency Antioxidant | Life Extension Foundation | USA | 281.20 | 3 |
| Life Pak Essentials | Pharmanex, Netherlands | Norway | 49.62 | 5 |
| LifePak | Pharmanex, USA | Norway | 62.16 | 5 |
| Marine Omega | Pharmanex, Netherlands | Norway | 4.26 | 2, 5 |
| Metamucil, dietary fiber supplement, orange, powder | | USA | 0.57 | 3 |
| Metamucil, dietary fiber supplement, powder | Procter & Gamble | USA | 0.34 | 3 |
| Multiminerals, supplements | Nycomed Pharma | Norway | 42.83 | 3 |

Category 24 Vitamin and dietary supplements continued

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|-------------------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Myadec | Pfizer Consumer Healthcare | USA | 51.38 | 3 |
| Natrol DHEA, 25 mg | Natrol | USA | 0.15 | 3 |
| Natto extract, capsules | Nattkin Co, Japan | Norway | 2.29 | 1, 3 |
| Natto extract, capsules | | Norway | 3.11 | 1, 3 |
| Nature Made Balanced B-50 | Nature Made | USA | 0.07 | 3 |
| Nature Made cod liver oil, capsules | Nature Made | USA | 0.62 | 2, 3 |
| Nature Made folic acid, 400 mcg | Nature Made | USA | 0.12 | 3 |
| Nature Made Magnesium, 250 mg | Nature Made | USA | 0.01 | 3 |
| Nature Made Potassium Gluconate, 90 mg | Nature Made | USA | 0.04 | 3 |
| Nature made Vitamin B6, 100 mg | Nature Made | USA | 0.08 | 3 |
| Nature's Bounty Beta Carotene Pro Vitamin A, 25000 IU | Nature's Bounty | USA | 2.56 | 2, 3 |
| Nature's Bounty Calcium Citate, 200 mg | Nature's Bounty | USA | 0.07 | 3 |
| Nature's Bounty Chromium Picolinate, 500 mcg | Nature's Bounty | USA | 0.14 | 3 |
| Nature's Bounty Ginseng Royal Jelly plus | Nature's Bounty | USA | 2.13 | 3 |
| Nature's Bounty Melatonin, 3 mg | Nature's Bounty | USA | 0.69 | 3 |
| Nature's Bounty Niacin, 250 mg | Nature's Bounty | USA | 0.15 | 3 |
| Nature's Bounty Salmon oil, 1000 mg softgels | Nature's Bounty | USA | 0.32 | 2, 3 |
| Nature's Bounty Vitamin A, 10000IU | Nature's Bounty | USA | 3.47 | 2, 3 |
| Nature's Bounty Vitamin D 400 IU | Nature's Bounty | USA | 0.12 | 3 |
| Nature's Resource St.John's Wort | Nature's Resource | USA | 118.54 | 3 |
| Noni, capsules | Fitness Pharma | USA | 14.76 | 3 |
| Ocuvite ekstra, pill | Bausch & Lomb, USA | USA | 281.14 | 3 |
| One A Day 50 Plus | Bayer HealthCare, USA | USA | 23.25 | 3 |

**Category 24 Vitamin and dietary supplements
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|----------------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| One A Day Maximum | Bayer HealthCare, USA | USA | 4.48 | 3 |
| One a day Men`s Health Formula, pill | Bayer HealthCare, USA | Norway | 56.69 | 3 |
| One A Day Women's Formula | Bayer HealthCare, USA | USA | 32.48 | 3 |
| Over drive | Pharmanex, Netherlands | Norway | 301.83 | 5 |
| Purple Coneflower, Echinagard | Madaus AG, Germany | Norway | 0.11 | 3 |
| Pycogenol | Bronson | USA | 49.58 | 3 |
| Rexall Lycopene, 10 mg | Rexall | USA | 3.27 | 2, 3 |
| Safflower oil | Naturata Spielberger, Germany | Norway | 1.38 | 1, 3 |
| Sambucol-C | Medtech Pharma | USA | 65.81 | 3 |
| Saw Palmetto, 20 mg | Bronson | USA | 0.49 | 3 |
| Schiff Vegetarian Multiple | Schiff | USA | 185.74 | 3 |
| Selenium, 100 mcg | CVS | USA | 0.95 | 3 |
| Shaklee Vita-Lea, with Iron | Shaklee Corp | USA | 19.36 | 3 |
| Shaw's Calcium Hi Cal (oyster shell), 500 mg | Shaw's | USA | 0.01 | 3 |
| Solotron (includes iron) | GNC | USA | 140.08 | 3 |
| Super Antioxidant | Pharmanex, Netherlands | Norway | 449.98 | 5 |
| Tahitian Noni juice | | Norway | 0.94 | 3 |
| Tegreen | Pharmanex, USA | Norway | 731.18 | 5 |
| Theragran M | Bristol Myers Squibb | USA | 197.60 | 3 |
| Theragran, pill | Manufactured in China for Bristol-Meyers products, USA | Norway | 29.97 | 3 |
| Triente plus | Pathway | USA | 77.48 | 3 |
| Tums (calcium 200 mg) | | USA | 0.04 | 3 |
| VIActiv Chocolate (calcium 500 mg) | Viactiv | USA | 1.99 | 3 |
| Vita amino nopal (capsules) | Mexico | Mexico | 4.70 | 3 |
| Vitamine A capsules, fish liver oil, 10000IU | | Norway | 2.53 | 1, 3 |
| Vitamine E, (dl alpha-tocopherol), 400 IU | CVS | USA | 2.95 | 2, 3 |

**Category 24 Vitamin and dietary supplements
continued**

| Product | Manufacturer / product label / country of origin | Procured in | Antioxidant content in mmol/100g | Comment |
|--------------------------------------|---------------------------------------------------------|--------------------|-----------------------------------------|----------------|
| Walgreen Super Aytinal Active Adults | Walgreen | USA | 87.70 | 3 |
| Walnut oil | Leon Frenkel Ltd, England | Norway | 1.40 | 1, 3 |
| Wheat germ oil | Apotekproduksjon, Oslo | Norway | 3.04 | 1, 3 |
| Women's Ultra mega | GNC | USA | 11.29 | 3 |
| Z-BEC | Inverness Medical | USA | 701.93 | 3 |
| Zinc, 50 mg | CVS | USA | 0.04 | 3 |
| AARP Formula 196, no iron | | USA | 3.88 | 3 |

Comments:

1 Analyzed / extracted in water/2-propanol (1+9, v/v).

2 Analyzed /extracted in 2-propanol.

3 Purchased in grocery store, restaurant, cafe, bakery or marketplace.

4 Handpicked or received directly from supplier.

5 Previously published in Halvorsen et al. 2002 or Dragland et al. 2003

6 Previously published in Halvorsen et al. 2006.