



“ A Gene Smart Principle is to add polyphenols to your diet.  
Use this guide to bring with you grocery shopping, or to restaurants when out to eat.”

FRUITS WITH HIGH POLYPHENOL LEVELS			
Apples without skin	Dates	Oranges: navel,	Red apples (with skin)
Apple Butter	Elderberries	tangelos, tangerines,	Raspberries
Applesauce	Gooseberries	etc. (the white pithy	Rhubarb
Apple cider and juice	Green apples (with skin)	stuff is flavonoid-rich)	Raisins
Apricots	Kiwi	Peaches	Strawberries
Black or red currants	Lemon	Pears	Sweet or sour cherries
Blackberries	Ligonberries	Plums & prunes (dried	
Blood oranges	Limes	plums)	
Blueberries	Mangoes	Pomegranates	
Chokeberries	Marionberries	Quinces	
Cranberries	Nectarines	Red or purple grapes	

FRUITS WITH LOW POLYPHENOL LEVELS			
Avocados	Figs	Grapefruits	Processed juices &
Bananas	Fruit jellies & jams	Pineapple	juice drinks

VEGETABLES WITH HIGH POLYPHENOL LEVELS			
Artichokes	Fennel	Onions	Rutabagas
Broccoli	Garlic	Parsnips	Scallions
Celery (particularly the hearts)	Greens like kale & turnip	Pumpkins	Shallots
Cherry or grape tomatoes	Kohlrabi	Raw spinach	Small spicy peppers
Corn	Leeks	Red cabbage	Sweet potatoes
Eggplant (aubergine)	Lovage	Red & yellow onions	Watercress

VEGETABLES WITH LOW POLYPHENOL LEVELS			
Bok Choy	Canned tomatoes	Endive	Pumpkin
Brussels sprouts	Carrots	Fresh tomatoes	Yellow squash
Cooked spinach	Cauliflower	Green or red sweet peppers	White potatoes
Cabbage	Cucumbers	Mushrooms	Zucchini

LEGUMES, NUTS, & SEEDS WITH POLYPHENOL LEVELS			
Almonds	English peas	Nut butters	Sunflower seeds
Cashews	Fava beans	Pecans	Walnuts
Chick peas	Flax seeds	Peanuts	
Dried beans - black beans,	Green peas	Pistachios	
Red kidney beans, pinto beans,	Hazelnuts	Pumpkin seeds	
Black-eyed peas	Lentils	Snap beans	

**DARK CHOCOLATE**

At least 60 percent cacao, preferably 70% or more. Choose those with high polyphenolic additives - ingredients like currants, raspberries, orange peels, blueberries, cranberries as opposed to flaked coconut, toffee, or fruit fillings.

**Red Wine** (10-100x the polyphenol levels of white and rose wines)

Examples: Pinot Noir, Egidola, Syrah, Cabernet Sauvignon, Merlot.  
(French wines are only slightly preferred over California varieties due to the aging process.)

**TEA**

Brewed green tea (preferred), black tea, Oolong tea, green decaf tea, or black decaf tea served hot or cold and flavored with lemon if desirable. Earl Gray, Ceylon, and Darjeeling are varieties of black tea.

HERBS, SPICES & SEASONINGS WITH POLYPHENOLS				
Basil	Curry	Ketchup	Red or green capers	Tarragon
Chives	Dill weed	Oregano	Rosemary	Thyme
Cinnamon	Horseradish	Parsley	Sage	Vinegar