Top foods for polyphenols per serve

providing at least 1 mg polyphenols per serve (only 89 in total)
figures in mg per serving

Food	Food group	Serving, g	Polyphenols, mg *	
			Content	***Rank***
Black elderberry	Fruits	145	1956	1
Black chokeberry	Fruits	145	1595	2
Blackcurrant	Fruits	145	1092	3
Highbush blueberry	Fruits	145	806	4
Globe artichoke heads	Vegetables	168	436	5
Coffee, filter	Non-alcoholic beverages	190	408	6
Lowbush blueberry	Fruits	145	395	7
Sweet cherry	Fruits	145	394	8
Strawberry	Fruits	166	390	9
Blackberry	Fruits	144	374	10
Plum	Fruits	85	320	11
Red raspberry	Fruits	144	310	12
Flaxseed meal	Seeds	20	306	13
Dark chocolate	Cocoa products	17	283	14
Chestnut	Seeds	19	230	15
Black tea	Non-alcoholic beverages	195	197	16
Green tea	Non-alcoholic beverages	195	173	17
Pure apple juice	Non-alcoholic beverages	248	168	18
Apple	Fruits	110	149	19
Whole grain rye bread	Cereals	120	149	20
Hazelnut	Seeds	28	138	21
Red wine	Alcoholic beverages	125	126	22
Soy yogurt	Seeds	125	105	23
Cocoa powder	Cocoa products	3	103	24
Pure pomegranate juice	Non-alcoholic beverages	150	99	25
Soy flour	Seeds	20	93	26
Black grape	Fruits	54	91	27
Black olive	Vegetables	15	85	28
Pure grapefruit juice	Non-alcoholic beverages	150	79	29
Pure blood orange juice	Non-alcoholic beverages	154	71	30

Top 100 polyphenols

Milk chocolate	Cocoa products	32	75	31
Spinach	Vegetables	59	70	32
Pecan nut	Seeds	15	69	33
Prune	Fruits	32	62	34
Redcurrant	Fruits	144	62	35
Soy, tempeh	Seeds	40	59	36
Peach	Fruits	99	59	37
Soy tofu	Seeds	130	54	38
Green olive	Vegetables	15	52	39
Black bean	Seeds	35	52	40
Red onion	Vegetables	30	50	41
Green grape	Fruits	54	48	42
White bean	Seeds	35	44	43
Chocolate milk drink	Non-alcoholic beverages	187	39	44
Roasted soybean	Seeds	15	37	45
Potato	Vegetables	128	36	46
Shallot	Vegetables	32	36	47
Soy milk	Non-alcoholic beverages	187	34	48
Red chicory	Vegetables	14	33	49
Broccoli	Vegetables	72	33	50
Soy meat	Seeds	40	29	51
Whole grain rye flour	Cereals	20	29	52
Pure pummelo juice	Non-alcoholic beverages	154	27	53
Nectarine	Fruits	99	25	54
Green chicory	Vegetables	14	23	55
Pear	Fruits	138	23	56
Beer	Alcoholic beverages	574	22	57
Yellow onion	Vegetables	30	22	58
Apricot	Fruits	65	22	59
Asparagus	Vegetables	75	22	60

Top 100 polyphenols

Quince	Fruits	100	19	61
Almond	Seeds	10	19	62
Whole grain wheat flour	Cereals	20	14	63
White wine	Alcoholic beverages	125	13	64
Rosé wine	Alcoholic beverages	125	12	65
Dark beer	Alcoholic beverages	574	10	66
Extra virgin olive oil	Oils	16	10	67
Soybean sprout	Seeds	60	9.3	68
Carrot	Vegetables	54	7.6	69
Bilberry	Fruits	145	7.4	70
Pure lemon juice	Non-alcoholic beverages	15	6.3	71
Red lettuce	Vegetables	24	5.4	72
Soy cheese	Seeds	40	4.9	73
Green bean	Vegetables	60	4.8	74
Curly endive	Vegetables	14	3.4	75
Cauliflower	Vegetables	38	2.7	76
Peanut roasted dehulled	Seeds	40	2.6	77
Rapeseed oil	Oils	16	2.5	78
Pumpkin	Vegetables	60	2.5	79
Pasta	Cereals	60	2.5	80
Banana	Fruits	97	2.5	81
Endive (escarole)	Vegetables	14	2.5	82
Tomato	Vegetables	50	2.1	83
Green lettuce	Vegetables	24	1.9	84
White onion	Vegetables	30	1.6	85
Refined oat flour	Cereals	20	1.6	86
Refined wheat flour	Cereals	20	1.2	87
Pomegranate	Fruits	100	1.1	88
Sweet green pepper	Vegetables	20	0.9	89

* Sum of the content of individual polyphenols as determined by chromatography and of proanthocyanidin oligomers as determined by direct-phase high-performance liquid chromatography.

Reference

Perez-Jimenez J, Neveu V, Vos Fm Scalbert A. Identification of the 100 richest dietary sources of polyphenols: an application of the Phenol-Explorer database. Eur J Clin Nutr 2010; 64(S3):S112-S120.