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# **Czech J. Fo**

## **Joudalová K., Z.:**

# Dietary intake of antioxidants in the Czech Republic

Czech J. Food Sci., 30 (2012)

The intake of extractable antioxidants in the Czech Republic was studied using the FRAP (ferric reducing antioxidant potential) method applied to methanol extracts. The data on the intake of these antioxidants was 16 mg of Fe(II) for men and 12 mg for women (i.e. 8300 and 6200 Trolox equivalents). The largest sources of antioxidants were coffee (15% for men and 10% for women) and beer (15% for men and 10% for women). Other significant sources of antioxidants were tea, vegetable products (including potato products), fruit products, cereal products, and sweets, spices and milk products. Small amounts (less than 1.0% of overall intake) were supplied by nuts and seeds, milk products and fats, which

331  
cheese were insignificant  
antioxidants. Within the fru  
products category, apples  
significant source of extra  
antioxidants, and in the ve