



The antioxidant potential of your food

Recently scientists at the US Department of Agriculture (USDA) have reported on a way of measuring the antioxidant potential of foods; it's called the Antioxidants and Oxygen Radical Absorbance

Capacity, or ORAC test. The higher the ORAC value of a food the more powerful its antioxidant punch. Some of the results may surprise you. Below is a table that shows the ORAC rating per 100g of several common foods.

FOOD	ORAC Value
Acerola	70,000
Unprocessed cocoa powder	26,000
Wolfberry (goji berry)	25,300
Acai	18,500
Dark Chocolate	13,120
Milk Chocolate	6,740
Prunes	5,770
Agel EXO	3,848
Pomegranates	3,307
Raisins/Dark Grapes	2,830
Blueberries	2,400
Blackberries	2,036
Garlic	1,939
Kale	1,770
Cranberries	1,750
Strawberries	1,540
Noni Fruit Juice (pure)	1,506
Spinach	1,260
ViaViente Brand Juice	1,245
Raspberries	1,220
Brussels Sprouts	980
Plums	949
Alfalfa Sprouts	930
Broccoli Florets	890
Beets	840
Oranges	750
Red Bell Peppers	710
Red Grapes	739
Cherries	670
Kiwi Fruit	610
Xango Brand Juice	621
Grapefruit, pink	483
Grapes, White	460
Onion	450
Tahitian Noni Brand Juice	416
Corn	400
Egg Plant	390
Cauliflower	385
Peas, Frozen	375
Potato	300

Cabbage	295
Leaf Lettuce	265
Cantaloupe	250
Banana	210
Apple	207
Tofu	205
Carrot	200
String Beans	200
Tomato	195
Apricot	175
Peach	170
Yellow Squash	150
Pear	110
Iceberg/Head Lettuce	105
Watermelon	100
Honeydew Melon	97
Celery	75
Cucumber	60