







Top Anti-oxidant Foods

Getting your Daily Anti-oxidant Protection

An important aspect of the protection afforded by fruits and vegetables comes from the *quantity and the variety of anti-oxidants* found in them. To help quantify the protective value and evaluate the capacities of different foods to prevent oxidative damage, the Jean Mayer USDA Human Nutrition Research Center at Tufts University uses a test called ORAC (the **O**xxygen **R**adical **A**bsorbance **C**apacity test).

Anti-oxidant.com makes it easy for you to consume the Recommended Daily Intake of ORAC protective units. We have grouped fruits and vegetables with established ORAC values into four categories. The ORAC units per 100 grams are listed after each food item. Choose at least two fruit and three vegetable sources daily to supply the recommended 3,000 to 5,000 ORAC units. Whatever your choices, make sure they add up to "5 A Day."

Category A	Category B	Category C	Category D
			
High ORAC Fruits (Whole Fruit, Not Juice)*	High ORAC Vegetables**	Low to Moderate ORAC Fruits (Whole Fruit, Not Juice)	Low to Moderate ORAC Vegetables
1 choice = 1 fruit unit 2 choices will satisfy your fruit daily needs.	1 choice = 1 vegetable unit 3 choices will satisfy your daily vegetable needs.	2 choices = 1 fruit unit 4 choices will satisfy your daily fruit needs	2 choices = 1 vegetable unit 6 choices will satisfy your daily vegetable needs
ORAC units per 100-grams/3.5 oz.	ORAC units per 100 grams/3.5 oz.	ORAC units per 100 grams/3.5 oz.	ORAC units per 100 grams/3.5 oz.
Blueberries 2,400	Kale 1,770	Pink Grapefruit 495	Onion 450
Blackberries 2,036	Spinach 1,260	Grapes, white 460	Corn 400
Strawberries 1,540	Brussels Sprouts 980	Cantaloupe 250	Eggplant 390
Raspberries 1,220	Alfalfa Sprouts 930	Banana 210	Cauliflower 385
Plums 949	Broccoli Florets 890	Apple 207	Peas, Frozen 375
Oranges 750	Beets 840	Apricot 175	Potato 300
Red grapes 739	Red Bell Pepper 710	Peach 170	Sweet Potato 295
Cherries 670		Pear 110	Cabbage 295
Kiwi fruit 610		Watermelon 100	Leaf Lettuce 265
		Honeydew Melon 97	Tofu 205
			Carrot 200
			String Beans 200
			Tomato 195
			Yellow Squash 150
			Iceberg/Head Lettuce 105
			Celery 75
			Cucumber 60

Fruits and vegetables not listed can be assumed to fall into the "low to moderate" categories.

*Does not include high-calorie dried fruits, e.g., prunes (5,770) or raisins (2,830)

**Does not include condiments, herbs or spices, e.g., garlic, cilantro, turmeric, etc.