

ORAC Rating Table

ORAC is short for "Oxygen Radical Absorbance Capacity", and is a test tube analysis that measures the total antioxidant power of foods and other chemical substances. It was developed by scientists at the USDA (United States Department Of Agriculture). Scientists discovered that a small group of "super foods" have up to twenty times the antioxidant power of other foods. In studies with animals that were fed high-ORAC foods had lower biological ages as measured by memory, balance, and capillary strength.

Learning how to use and apply the information contained in an **ORAC Rating Table** is a powerful tool in slowing down the aging process and protecting yourself from degenerative diseases. We recommend a diet of fruits and vegetables that will allow you to consume between 3,000 to 5,000 ORAC units per day. This will help you maintain an optimal level of antioxidant protection from free radical damage.

Fruits	ORAC Value*	Vegetables	ORAC Value*
Acai Berry	18,500	Kale	1,770
Prunes	5,770	Spinach, raw	1,260
Raisins	2,830	Brussel Sprouts	980
Blueberries	2,400	Alfalfa Sprouts	930
Blackberries	2,036	Spinach, steamed	909
Cranberries	1,750	Broccoli Florets	890
Strawberries	1,540	Beets	841
Pomegranates	1,245	Red Bell Pepper	713
Raspberries	1,220	Onion	450
Plums	949	Corn	400
Oranges	750	Eggplant	390
Red Grapes	739	Cauliflower	377
Cherries	670	Peas, frozen	364
Kiwifruit	602	White Potatoes	313
White Grapes	442	Sweet Potatoes	301
Rockmelon	252	Carrots	207
Banana	221	String Beans	201
Apple	218	Tomatoes	189
Apricots	164	Zucchini	176
Peach	158	Yellow Squash	150

*ORAC value per 100 grams (approximately 3.5 ounces)