

ORAC Table

Oxygen Radical Absorbance Capacity (ORAC) is a method of measuring antioxidant contents in different foods. Please refer to the following table for a first evaluation of the antioxidant power of foods to support an antioxidant therapy.

Top-Scoring Fruits & Vegetables & Nuts ORAC units per serving size*

Fruit	ORAC	Vegetables	ORAC	Nuts	ORAC
Blueberry	9019	Dry Beans (Small Red)	13727	Pecans	5095
Cranberry	8983	Dry Beans (Red Kidney)	13259	Walnuts	3846
Blackberry	7701	Dry Beans (Pinto)	11864	Hazelnuts	2739
Raspberry	6058	Artichoke	7904	Pistachios	2267
Strawberry	5938	Potatoes (Russet)	4882	Almonds	1265
Apples (Red Delicious)	5900	Dry Beans (Black)	4181	Peanuts	899
Apples (Granny Smith)	5381	Dry Beans (Navy)	2573	Cashews	567
Sweet Cherries	4873	Potatoes (Red)	2339	Macadamias	481
Plum	4118	Peas (Blackeye)	2258	Brazil Nuts	403
Apples (Gala)	3903	Potatoes (White)	2257	Pine Nuts	204
Apples (Golden Delicious)	3685	Asparagus	2021		
Apples (Fuji)	3578	Peppers (Yellow)	1905		
Avocado	3344	Beets	1886		
Pear (Green)	3172	Peppers (Orange)	1830		
Pear (Red Anjou)	2943	Lettuces (Red Leaf)	1213		
Orange	2540	Sweet Potatoes	1173		
Red Grapes	2016	Radishes	1107		
Peaches	1826	Peppers (Red)	1072		
Green Grapes	1789	Spinach	1056		
Mango	1653	Eggplant	1039		
Apricot	1408	Onions (Red)	917		
Tangerine	1361	Onions (Yellow)	823		
Pineapple	1229	Cabbages (Red)	788		
Banana	1037	Carrots	741		
Kiwifruit	698	Broccoli	700		
Cantaloupe	499	Peppers (Green)	664		
Honeydew	410	Lettuces (Green Leaf)	620		
Watermelon	216	Corn	561		
		Pumpkin	560		
		Onions (Sweet)	492		
		Cabbages	476		
		Lettuces (Butterhead)	427		
		Tomatoes	415		
		Lettuces (Romaine)	396		
		Celery	344		
		Cauliflower	324		
		Beans	301		
		Lettuces (Iceberg)	144		
		Cucumber	60		

* Serving Size from USDA National Nutrient Database for Standard Reference