

ANTIOXIDANTS & ORAC VALUES

As oxygen interacts with cells, it may change certain cells, creating free radicals. Free radicals cause harmful effects in cells, possibly leading to aging and diseases such as cancer, heart disease, and Alzheimer's. Antioxidants can prevent or reduce damage by "neutralizing" the damaging effects of free radicals. **ORAC (Oxygen Radical Absorbance Capacity)** measures the **antioxidant activity** of various foods. The higher the ORAC value, the greater the antioxidant activity. The USDA suggests eating a variety of multiple servings of fruits and vegetables daily and nuts too with a goal of **3,000 ORAC Units per day**.

Fruits	Portion	ORAC Units
Blueberries	1 cup	9019
Blackberries	1 cup	7701
Raspberries	1 cup	6058
Strawberries	1 cup	5938
Apple, Red Delicious	1 fruit	5900
Cherries	1 cup	4873
Plum, black	1 fruit	4844
Pear, green	1 fruit	3172
Orange, Navel	1 fruit	2540
Grapes, red	1 cup	2016
Grapefruit, pink	1/2 fruit	1904
Pineapple	1 cup, diced	1229
Banana	1 fruit	1037
Kiwi	1 fruit	698
Watermelon	1 cup, diced	216

Vegetables	Portion	ORAC Units
Potato, Russet	1 cooked	4649
Cabbage, red	1/2 cup, cooked	2359
Onion, yellow	1/2 cup, cooked	1281
	1/2 cup, raw	823
Sweet Potato	1 cooked	1195
Pepper, red	1 raw	1072
	1/2 cup, chopped	576
Spinach	4 leaves, raw	1056
Broccoli	1/2 cup, cooked	982
	1/2 cup, raw	700
Carrot	1 medium, raw	741
	1 cooked	171
Tomato	1/2 cup, cooked	552
	1 raw	415
Peas	1/2 cup, frozen	480
Corn	1/2 cup, frozen	428
Lettuce, Romaine	4 inner leaves	396

Dried Fruit/Nuts	Portion	ORAC Units
Prunes	1/2 cup	7291
Walnuts	1 ounce	3846
Raisins	1/2 cup	2490
Almonds	1 ounce	1265

