



TOP ANTIOXIDANT FOODS

ORAC* UNITS PER 100 GRAMS

Dark Chocolate	13,120
Milk Chocolate	6,740
Prunes	5,770
Raisins	2,830
Blueberries	2,400
Blackberries	2,036
Kale	1,770
Strawberries	1,540
Spinach	1,260
Raspberries	1,220
Brussels sprouts	980
Plums	949
Alfalfa sprouts	930
Broccoli florets	890
Oranges	750
Grapes, red	739
Red bell pepper	710
Cherries	670
Onion	450
Corn	400
Eggplant	390

SOURCE: Data from U.S. Department of Agriculture and the Journal of the American Chemical Society.

ORAC* (Oxygen Radical Absorbance Capacity) is a measure of the ability of foods to subdue harmful oxygen free radical that can damage our bodies.