

Table 2. Common Foods in the “Very High” and “High” Categories or Antioxidant Capacity Ranked by H-ORAC Units per Serving: Average Serving Size, Calories per Serving, and ORAC per Calorie (see Notes)

Antioxidant Category and Fresh Food	Serving Size (grams)	Typical Serving	H-ORAC Units per gram	H-ORAC Units per Serving	Calories per Serving	H-ORAC Units per Calorie	Ranking of Foods by H-ORAC Units per Calorie
<i>Very High</i>							
Blueberry, wild	145	1 cup	92.09	13,353	54	247	1
Artichoke, cooked	84	1 cup hearts	92.77	7,793	42	186	2
Black Plums	88	1 fruit	73.01	4,819	30	161	3
Broccoli Raab, raw	85	1/5 bunch	28.10	2,389	19	126	5
Blackberry	144	1 cup	52.45	7,553	62	122	6
Strawberry	166	1 cup	35.41	5,878	53	111	7
Blueberry, cultivated	145	1 cup	61.84	8,967	83	108	8
Cabbage, Red, cooked	75	1/2 cup	31.46	2,360	22	107	9
Raspberry	123	1 cup	47.65	5,861	64	92	13
Apple (Red Delicious)	138	1 med. fruit	42.34	5,843	72	81	14
Apple (Granny Smith)	138	1 med fruit	38.60	5,327	72	74	15
Sweet Cherry	145	1 cup	33.44	4,849	91	53	19
Bean, Red Kidney	92	1/2 cup	144.04	13,252	310	43	23
Navel Orange	140	1 fruit	17.85	2,499	69	36	24
Prune	85	1/2 cup	83.99	7,139	204	35	28
Bean, Pinto	96	1/2 cup	119.37	11,460	333	34	29
Pear, Red Anjou	166	1 med fruit	17.38	2,885	96	30	31
Grape, Red	160	1 cup	12.60	2,016	110	18	38
Potato, Russett, cooked	299	1 potato	15.27	4,566	290	16	45
Raisin	82	1/2 cup	30.02	2,462	243	10	48
<i>Averages</i>			53.5	6,063	116	84.5	
<i>High</i>							
Asparagus, raw	67	1/2 cup	29.15	1,953	13	150	4
Lettuce, Red Leaf	68	4 outer leaves	16.5	1,122	11	102	10
Asparagus, cooked	90	1/2 cup	16.44	1,480	20	74	16
Beet	68	1/2 cup	27.65	1,880	29	65	17
Grapefruit, Red	123	Half	15.13	1,861	37	50	20
Peach	98	1 med fruit	18.13	1,777	38	47	22
Pepper, Yellow	186	1 large pepper	9.56	1,778	50	36	25
Tangerine	84	1 med fruit	16.13	1,355	45	30	30
Onion, Yellow, cooked	105	1/2 cup	12.20	1,281	46	28	33
Apricot	105	3 fruits	13.09	1,374	50	27	34
Grape, Green	160	1 cup	11.18	1,789	110	16	41
Pineapple	155	1 cup diced	7.64	1,184	74	16	43
Potato, White, cooked	173	1 potato	10.41	1,801	114	16	44
Blackeyed Pea	52	1/2 cup	37.07	1,928	175	11	47
Almond	28	1 ounce	42.82	1,216	164	7	53
Low-fat Granola/raisins	60	2/3 cup	21.68	1,301	234	6	57
Toasted Oatmeal Cereal	49	1 cup	20.86	1,022	186	5	58
<i>Averages</i>			19.2	1,535	82.1	40.4	

Notes: Serving size and H-ORAC units per gram from (Wu et al., 2004). Calories per serving from the USDA database on the nutrient composition of foods.

Table 3. Common Foods in the “Moderate” and “Low” Categories or Antioxidant Capacity Ranked by H-ORAC Units per Serving: Average Serving Size, Calories per Serving, and ORAC per Calorie (see Notes)							
Antioxidant Category and Fresh Food	Serving Size (grams)	Typical Serving	H-ORAC Units per gram	H-ORAC Units per Serving	Calories per Serving	H-ORAC Units per Calorie	Ranking of Foods by H-ORAC Units per Calorie
<i>Moderate</i>							
Spinach, raw	40	4 leaves	22.2	888	9	99	11
Lettuce, Green Leaf	40	4 leaves	14.1	564	6	94	12
Broccoli, ccooked	78	1/2 cup	12.3	956	27	35	27
Carrot, raw	61	1 medium	11.6	705	25	28	32
Pepper, Green, raw	119	1 med pepper	5.4	647	24	27	35
Tomato, cooked	120	1/2 cup	4.3	511	22	23	37
Nectarine	136	1 fruit	7.2	979	60	16	40
Banana	118	1 fruit	8.1	959	105	9	51
Corn Flakes	30	1.5 cups	23	691	101	7	54
Oats, Quick (oatmeal)	40	1/2 cup	17.6	705	156	5	60
Oatmeal Raisin Cookie	31	1 Cookie	17.2	532	130	4	61
All Grain Butternut Bread	28	1 slice	19.9	556	Unknown	Unknown	
<i>Averages</i>			13.6	724.5	60.5	31.6	
<i>Low</i>							
Cabbage, Common, raw	35	1/2 cup	13.4	469	8	59	18
Lettuce, Romaine	40	4 inner leaves	8.3	331	7	47	21
Celery	60	1/2 cup diced	5.3	320	9	36	26
Cauliflower	50	1/2 cup	6.1	305	12	25	36
Tomato, raw	123	1 med fruit	3.1	385	22	17	39
Pumpkin	116	1 cup cubed	4.1	480	30	16	42
Bean, Snap, canned	68	1/2 cup	2.1	140	10	14	46
Cucumber, no peel	60	1/2 cup	1.1	67	7	10	49
Peach, canned	98	1/2 can	4.2	411	43	10	50
Cantaloupe	160	1 cup cubed	3.0	475	54	9	52
Pea, Green, frozen	80	1/2 cup	5.1	404	62	7	55
Cucumber, with peel	52	1/2 cup sliced	0.9	45	8	6	56
Corn, canned	105	1/2 cup	3.6	379	83	5	59
Watermelon	152	1 cup cubed	1.2	187	46	4	62
Life Cereal	32	3/4 cup	14.2	455	120	4	63
Low-fat Chewy Granola Bar	28	1 bar	14.7	410	109	4	64
Bean, Lima, canned	124	1/2 cup	2.2	267	190	1	65
<i>Averages</i>			5.4	325	48.2	16	

Notes: Serving size and H-ORAC units per gram from (Wu et al., 2004). Calories per serving from the USDA database on the nutrient composition of foods.