

The ORAC Rating Table!

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. Currently, the **United States Department of Agriculture** recommends 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
Cantaloupe	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)