

ORAC Value (antioxidant capacity of a food)

Fruit

Blueberries 1 c= 9,700
Cranberries (raw) 1 c= 9,600
Red Delicious apple 1= 7,800
Blackberries 1 c= 7,700
Granny Smith apple 1= 7,100
Raspberries 1 c= 6,000
Strawberries 1 c= 5,400
Gala apple 1= 5,200
Pear 1= 5,200
Fuji apple 1= 4,700
Plum 1= 4,100
Cherries 3/4 c= 3,500
Guava, red-fleshed 1 c= 3,300
Orange 1= 3,000
Figs 2= 2,700
Peach 1= 2,700
Applesauce 1/2 c= 2,400
Guava, white-fleshed 1/2 c= 2,100
Grapefruit, pink or red 1/2= 1,900
Pineapple, extra sweet variety 1 c= 1,500
Tangerine 1= 1,400
Apricot 3= 1,200
Red grapes 1 c= 1,200
Nectarine 1= 1,100
Banana 1= 1,000
White or green grapes 1 c= 1,000
Pineapple 1 c= 900
Mango 1/2 c= 800
Kiwi 1= 700
Papaya 1 c= 500
Cantaloupe 1 c= 500
Honeydew 1 c= 400
Watermelon 1 c= 200

Dried Fruit

Cranberries, dried 2 Tbsp= 2,100
Prunes 3= 1,900
Currants 2 Tbsp= 1,100
Raisins 2 Tbsp= 600

Starch/ Cereal

Oat bran flakes 3/4 c= 800
Popcorn, air-popped 5 c= 700
Instant oatmeal 1 packet= 600

Bread/Crackers

Pumpernickel bread 1 slice= 500
Oat nut bread 1 slice= 400
Whole grain/seven-grain bread 1 slice= 400

Starchy Vegetables

Sweet potato with skin 1 medium= 2,400
Red potato with skin 1 small= 1,800
White potato with skin 1/2 medium= 1,600
Russet potato with skin 1/2 medium= 1,500
Corn 3/4 c= 700
Butternut squash 1 c= 600
Pumpkin 1 c= 600
Peas 3/4 c= 400

Legumes

Black beans 1/2 c= 7,800
Kidney beans 1/2 c= 7,800
Lentils 1/2 c= 7,500
Pinto beans 1/2 c= 7,000
Black-eyed peas 1/2 c= 3,600
Chickpeas 1/2 c= 800
Split peas 1/2 c= 500

Milk/ Other

Low-fat (1 percent) chocolate milk
1/2 c= 1,600
Skim milk 1 c= 0
Other milk (almond, rice, hemp) 1 c= 0

Vegetable

Artichoke hearts 1/2 c= 7,900
Broccoli rabe 1 bunch= 6,800
Red cabbage (cooked) 1/2 c= 2,400
Radish (raw) 1 c= 2,000
Broccoli (cooked) 1/2 c= 1,900

Vegetables (continued. . .)

Kale (raw) 1 c= 1,770
Onion (raw) 1 c= 1,600
Red cabbage (raw) 1 c= 1,600
Asparagus (cooked) 1/2 c= 1,500
Green bell peppers (raw) 1 c= 1,400
Salsa 1/2 c= 1,300
Spinach (cooked) 1/2 c= 1,300
Broccoli (raw) 1 c= 1,200
Red bell peppers (raw) 1 c= 1,200
Brussels sprouts (cooked) 1/2 c= 980
Carrots (raw) 1 c= 900
Tomato sauce 1/2 c= 900
Beet greens (shredded) 1 c= 800
Boston/Bibb lettuce 1 c= 800
Cauliflower (raw) 1 c= 800
Eggplant (raw) 1 c= 800
Green beans (raw) 1 c= 800
Red onions 1/2 c= 800
Alfalfa sprouts 1 c= 700
Red leaf lettuce (shredded) 1 c= 700
Vegetable juice 4 oz= 700
Cabbage (cooked) 1/2 c= 600
Tomato juice 1/2 c= 600
Yellow onions (cooked) 1/2 c= 550
Celery 1 c= 500
Green leaf lettuce (shredded) 1 c= 500
Onion, sweet 1/4= 500
Red tomatoes (cooked) 1/2 cup= 500
Romaine lettuce (shredded) 1 c= 500
Spinach (raw) 1 c= 500
Yellow bell peppers (raw) 10 strips= 500
Cauliflower (cooked) 1/2 c= 400
Leeks (raw) 1 c= 400
Plum tomato (raw) 1= 300
Iceberg lettuce (shredded) 1 c= 300
Carrots (cooked) 1/2 c= 200
Cucumber with peel (sliced) 1 c= 200
Eggplant (cooked) 1/2 c= 200
Fennel, bulb (raw) 1 c= 200
Zucchini (raw) 1 c= 100

Vegetarian Options

Black beans (or black bean soup) 1 c= 15,600
Kidney beans 1 c= 15,600
Pinto beans 1 c= 15,000
Lentils 1 c= 14,000
Black-eyed peas 1 c= 7,300
Edamame (soybeans) 3/4 c= 5,400
Chickpeas 1 c= 1,700
Split peas 1 c= 1,000
Hummus 4 Tbsp= 400

Fats

Pecans 8 halves= 2,500
Walnuts 7 halves= 1,900
Hazelnuts 8= 1,000
Pistachios 18= 1,000
Avocado 1/4= 700
Guacamole 2 Tbsp= 700
Almonds 10= 500
Almond butter 2 tsp= 500
Peanuts 15= 500
Peanut butter 2 tsp= 500
Cashews 8= 200
Olive oil, extra virgin 2 tsp= 100
Brazil nuts 2= 100
Pine nuts 1 Tbsp= 100
Macadamia nuts 3= 100

Tea (Drink up—no calories here!)

Green tea 1 c= 3,000
Black tea 1 c= 2,700

Juice

Blueberry juice 1/2 c= 3,600
Pomegranate juice 1/2 c= 2,900
Concord grape juice 1/2 c= 2,900
Prune juice 1/2 c= 2,600
Red grape juice 1/2 c= 2,300
Cranberry–Concord grape juice 1/2 c= 1,800
White grapefruit juice 1/2 c= 1,500

Cranberry juice 1/2 c= 1,100
White grape juice 1/2 c= 1,000
Orange juice 1/2 c= 900
Pineapple juice 1/2 c= 700
Apple juice 1/2 c= 500
White cranberry juice 1/2 c= 300

“Free” Beverage (Calories minimal—add freely to water, seltzer, or tea.)

Lemon juice 1 oz= 400
Lime juice 1 oz= 300

Herbs/Spices

Cinnamon, ground 1 tsp.= 7,000
Cloves, ground 1 tsp= 6,600
Oregano, dried 1 tsp= 3,600
Turmeric, ground 1 tsp= 3,500
Cumin seed 1 tsp= 1,600
Curry powder 1 tsp= 1,000
Mustard seed, yellow 1 tsp= 1,000
Chili powder 1 tsp= 600
Pepper, black 1 tsp= 600
Basil, dried 1 tsp= 500
Ginger, ground 1 tsp= 500
Sage, fresh 2 tsp= 500
Oregano, fresh 2 tsp= 400
Paprika 1 tsp= 400
Parsley, dried 1 tsp= 400
Peppermint, fresh 2 Tbsp.= 400
Rosemary, dried 1 tsp= 400
Tarragon, fresh 2 tsp= 310
Gingerroot, raw 1 tsp= 300
Coriander (cilantro) leaves, raw 1/4 c= 200
Garlic powder or raw 1 tsp= 200
Thyme, fresh 1 tsp= 200
Basil, fresh (chopped) 1 Tbsp= 100
Cardamom 1 tsp= 100
Onion powder 1 tsp= 100
Parsley, raw 1 Tbsp= 100
Dill weed, fresh 5 sprigs= 100
Chives, raw (chopped) 1 tsp= 100
Poppy seed 1 tsp= 100

Condiments

Salsa 1/2 c= 1,300
Apple vinegar 1 Tbsp= 100
Ketchup 1 Tbsp= 100
Red wine vinegar 1 Tbsp= 100

Indulgences

Baking chocolate, unsweetened, squares 1 square= 14,500
Dark chocolate 1 oz= 5,900
Semisweet chocolate 1 oz= 5,100
Chocolate syrup 2 Tbsp= 2,500
Milk chocolate 1 oz= 2,200
Cocoa powder 1 Tbsp.= 100
Cabernet 5 oz.= 7,400
Red 5 oz= 5,700
Rosé 5 oz= 1,500
White 5 oz.= 600

Comparisons with Xocai Products

Nugget (5244) =5 cups grapes or 7.5 cups kiwi or 260 cups watermelon or 1 pear or 3.5 cups garbanzos or 6.5 cups cauliflower

PowerXSquare (3720) =4 cups carrots or 3 cups cabbage or 12 cups lettuce or 7 cups spinach or 37 cups raw zucchini or 19 cups cucumbers with peel or 3.5 bananas

Peanut Butter Cup (3136) =10 cups raw tomatoes or 2.5 cups broccoli or 3.5 cups pineapple or 1.75 cups orange juice

MealReplacement shake(17750) =35 cups papaya or 12 tangerines or 5.5 baked potatoes or 35 cups celery or 25 tablespoons peanut butter or 350 almonds

Xe Energy Drink (6701)= 5.5 nectarines or 13 cups cantaloupe or 7 cups tomato sauce or 200 macadamia nuts or 2.5 avocados