

**Fruit/ Serving/ ORAC Value**

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  
Peach, dried (no sugar added) 1/4 c= 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/ Serving/ ORAC Value**

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

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## **Starch/ Serving/ ORAC Value**

### **Cereal**

Oat bran flakes 3/4 c= 800  
Popcorn, air-popped 5 c= 700  
Instant oatmeal 1 packet= 600  
Wheat germ 3 Tbsp= —  
Other high-fiber cereal 1/2–3/4 c= —

### **Bread/Crackers**

Pumpnickel bread 1 slice= 500  
Oat nut bread 1 slice= 400  
Whole grain/seven-grain bread 1 slice= 400  
Other breads 1 slice= —  
High-fiber crackers 3–5 crackers= —

### **Starchy Vegetable**

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

### **Legume**

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  
Other legumes 1/2 c= —

### **Other**

Brown rice 1/3 c= —  
Bulgur 1/3 c= —  
Kamut 1/3 c= —  
Millet 1/3 c= —  
Quinoa 1/3 c= —  
Whole wheat pasta 1/3 c= —  
Wild rice 1/3 c= —

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**Milk/Yogurt/Other /Serving/ORAC Value**

Low-fat (1 percent) chocolate milk 1/2 c= 1,600  
Fat-free Greek yogurt (plain) 3/4 c= —  
Low-fat (1 percent) or fat-free cottage cheese 1/2 c= —  
Soy milk (plain) 1 c= —  
Skim milk 1 c= 0  
Other milk (almond, rice, hemp) 1 c= 0

**Vegetable/ Serving/ORAC Value**

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  
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

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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  
Other veggies 1/2 c cooked or 1 c raw= —

**Lean Protein/Serving/ORAC Value**

**Poultry**

Chicken breast 3–4 oz= —  
Cornish hen 3–4 oz= —  
Turkey breast 3–4 oz= —  
Turkey bacon 3–4 oz= —  
Turkey burger 3–4 oz= —  
Turkey jerky 3–4 oz= —  
Chicken/turkey meatballs 3–4 oz= —  
Chicken hot dog 3–4 oz= —  
Chicken sausage 3–4 oz= —  
Turkey hot dog 3–4 oz= —

**Seafood**

Cod 3–4 oz= —  
Flounder 3–4 oz= —  
Clams 3–4 oz= —  
Halibut 3–4 oz= —  
King crab 3–4 oz= —  
Lobster 3–4 oz= —  
Mahimahi 3–4 oz= —  
Mussels 3–4 oz= —  
Red snapper 3–4 oz= —  
Salmon (wild) 3–4 oz= —  
Scallops 3–4 oz= —  
Shrimp 3–4 oz= —  
Sardines 3–4 oz= —  
Sole 3–4 oz= —

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Swordfish 3–4 oz= —  
Trout 3–4 oz= —  
Tuna 3–4 oz= —  
Tuna (canned chunk light in water) 3–4 oz= —  
Tuna (canned chunk light in olive oil) 3–4 oz= —  
Tuna 3–4 oz= —  
Tuna jerky 3–4 oz= —  
Salmon jerky 3–4 oz= —

#### **Meat**

Ground beef, 95% lean 3–4 oz= —  
Beef tenderloin 3–4 oz= —  
Lamb loin 3–4 oz= —  
Roast beef (deli slices) 3–4 oz= —

#### **Game**

Ostrich 3–4 oz= —  
Venison 3–4 oz= —  
Bison 3–4 oz= —

#### **Pork**

Ham, extra lean 3–4 oz= —  
Pork, center loin chop 3–4 oz= —  
Pork cutlet 3–4 oz= —  
Pork tenderloin 3–4 oz= —

#### **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  
Egg whites (Egg Beaters) 4–6 egg whites= —  
Firm tofu 4 oz= —  
Tempeh 4 oz= —  
Veggie burger 1 patty= —  
Cottage cheese (low fat or fat free) 3/4 c= —  
Reduced-fat feta cheese 2 oz= —  
Part-skim fresh mozzarella cheese 2 oz= —  
Parmesan cheese 3 Tbsp= —

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### **Fat/Serving/ORAC Value**

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  
Oil-based salad dressing 1 Tbsp= —  
Other oils (walnut, grapeseed, canola, sunflower, flax) 2 tsp= —  
Flaxseed 2 Tbsp= —  
Pumpkin seeds 1 Tbsp= —  
Coconut (shredded) 1/4 c= —  
Cottage cheese (low fat or fat free) 1/4 c= —  
Reduced-fat feta cheese 1 oz= —  
Part-skim fresh mozzarella cheese 1 oz= —  
Parmesan cheese 1 Tbsp= —  
One whole egg 1= —

### **Beverage/Serving/ORAC Value**

#### **Wine (Incorporate alcohol as a conscious indulgence.)**

Sangria (See recipe on page 98.) 4 oz= 11,900  
Cabernet 5 oz= 7,400  
Red 5 oz= 5,700  
Rosé 5 oz= 1,500  
White 5 oz= 600

#### **Tea (Drink up—no calories here!)**

Green tea 1 c= 3,000  
Black tea 1 c= 2,700  
Other herbal teas 1 c= —

#### **Juice (to be consumed in lieu of whole fruit)**

Blueberry juice 1/2 c= 3,600  
Pomegranate juice 1/2 c= 2,900

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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

**Herb/Spice/Serving/ORAC Value**

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

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Parsley, raw 1 Tbsp= 100  
Dill weed, fresh 5 sprigs= 100  
Chives, raw (chopped) 1 tsp= 100  
Poppy seed 1 tsp= 100

**Condiment/Serving/ORAC Value**

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

**Indulgence/Serving/ORAC Value**

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

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