



From USDA Database for the Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 2 - Prepared by Nutrient Data Laboratory, Beltsville Human Nutrition Research Center (BHNRC), Agricultural Research Service (ARS), U.S. Department of Agriculture (USDA) - May 2010.

Food	ORAC Value
Sumac, bran, raw	312,400
Spices, cloves, ground	290,283
Sorghum, bran, hi-tannin	240,000
Spices, oregano, dried	175,295
Spices, rosemary, dried	165,280
Spices, thyme, dried	157,380
Spices, cinnamon, ground	131,420
Spices, turmeric, ground	127,068
Spices, vanilla beans, dried	122,400
Spices, sage, ground	119,929
Spices, szechuan pepper, dried	118,400
Acai, fruit pulp/skin, powder	102,700
Sorghum, bran, black	100,800
Rosehip	96,150
Sumac, grain, raw	86,800
Spices, parsley, dried	73,670
Sorghum, bran, red	71,000
Spices, nutmeg, ground	69,640
Spices, basil, dried	61,063

Cocoa, dry powder, unsweetened	55,653
Spices, cumin seed	50,372
Baking chocolate, unsweetened, squares	49,944
Spices, curry powder	48,504
Sorghum, grain, hi-tannin	45,400
Spices, pepper, white	40,700
Chocolate, dutched powder	40,200
Spices, ginger, ground	39,041
Spices, pepper, black	34,053
Sage, fresh	32,004
Spices, mustard seed, yellow	29,257
Thyme, fresh	27,426
Marjoram, fresh	27,297
Rice bran, crude	24,287
Spices, chili powder	23,636
Spices, paprika	21,932
Sorghum, grain, black	21,900
Candies, chocolate, dark	20,816
Spices, pepper, red or cayenne	19,671
Raspberries, black	19,220
Candies, semisweet chocolate	18,053
Nuts, pecans	17,940

Chokeberry, raw	16,062
Tarragon, fresh	15,542
Ginger root, raw	14,840
Elderberries, raw	14,697
Sorghum, grain, red	14,000

Peppermint, fresh	13,978
Oregano, fresh	13,970
Nuts, walnuts, english	13,541
Juice, black raspberry	10,460
Raisins, golden seedless	10,450
Nuts, hazelnuts or filberts	9,645
Blueberries, wild, raw	9,621
Pears, dried to 40% moisture (purchased in Italy)	9,496
Savory, fresh	9,465
Artichokes, Ocean Mist, boiled	9,416
Artichokes, Ocean Mist, Microwaved	9,402
Cranberries, raw	9,090
Beans, kidney, red, mature seeds, raw	8,606
Beans, black, mature seeds, raw	8,494
Beans, pink, mature seeds, raw	8,320
Plums, dried (prunes), uncooked	8,059

Beans, pinto, mature seeds, raw	8,033
Currants, european black, raw	7,957
Nuts, pistachio nuts, raw	7,675
Plums, black diamond, with peel, raw	7,581
Agave, dried (Southwest)	7,524
Candies, milk chocolate	7,519
Lentils, raw	7,282
Apples, dried to 40% moisture (purchased in Italy)	6,681
Spices, garlic powder	6,665
Artichokes, (globe or french), raw	6,552
Beans, black turtle soup, mature seeds, raw	6,416
Sorghum, bran, white	6,400
Chocolate syrup	6,330
Babyfood, fruit, peaches	6,257
Plums, raw	6,100
Lemon balm, leaves, raw	5,997
Blackberries, raw	5,905
Garlic, raw	5,708
Soybeans, mature seeds, raw	5,409
Coriander (cilantro) leaves, raw	5,141
Raspberries, raw	5,065
Babyfood, fruit, apple and blueberry, junior	4,822

Basil, fresh	4,805
Blueberries, raw	4,669
Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	4,523
Pomegranates, raw	4,479
Nuts, almonds	4,454
Dill weed, fresh	4,392
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	4,343
Strawberries, raw	4,302
Spices, onion powder	4,289

Apples, Red Delicious, raw. with skin	4,275
Peaches, dried to 40% moisture (purchased in Italy)	4,222
Raisins, white, dried to 40% moisture (purchased in Italy)	4,188
Babyfood, fruit, applesauce, strained	4,123
Apples, Granny Smith, raw, with skin	3,898
Dates, deglet noor	3,895
Cherries, sweet, raw	3,747
Makiang, raw	3,695
Alcoholic beverage, wine, table, red	3,607
Peanut butter, smooth style	3,432
Raisins, seedless	3,406
Currants, red, raw	3,387

Figs, raw	3,383
Gooseberries, raw	3,332
Goji berry (wolfberry), raw	3,290
Apricots, dried to 40% moisture (purchased in Italy)	3,234
Peanuts, all types, raw	3,166
Cabbage, red, boiled	3,145
Broccoli raab, raw	3,083
Agave, cooked (Southwest)	3,074
Apples, raw, with skin	3,049
Apples, Red Delicious, raw, without skin	2,936
Apples, Gala, raw, with skin	2,828
Spices, cardamom	2,764
Pomegranate juice, bottled	2,681
Alcoholic Beverage, wine, table, red, Merlot	2,670
Apples, Golden Delicious, raw, with skin	2,670
Babyfood, fruit, bananas	2,658
Maloud, raw	2,611
Apples, Fuji, raw, with skin	2,589
Apples, raw, without skin	2,573
Babyfood, fruit, peaches, junior	2,551
Guava, white-fleshed	2,550
Mangosteen, raw	2,510

Cabbage, red, raw	2,496
Lettuce, red leaf, raw	2,426
Alcoholic Beverage, wine, table, red, Zinfandel	2,400
Juice, Concord grape	2,389
Dates, medjool	2,387
Juice, black cherry	2,370
Cereals, ready-to-eat, corn flakes	2,359
Juice, Blueberry	2,359
Cereals, oats, instant, fortified, plain, dry	2,308
Cereals ready-to-eat, granola, low-fat, with raisins	2,294
Asparagus, raw	2,252
Beans, black, mature seeds, boiled	2,249
Apples, Golden Delicious, raw, without skin	2,210

Cauliflower, purple, cooked	2,210
Pears, green cultivars, with peel, raw	2,201
Sorghum, grain, white	2,200
Radish seeds, sprouted, raw	2,184
Cereals ready-to-eat, oat bran	2,183
Cereals ready-to-eat, toasted oatmeal	2,175
Cereals, oats, quick, uncooked	2,169
Broccoli, boiled	2,160

Cereals ready-to-eat, oatmeal, toasted squares	2,143
Sweet potato, baked in skin	2,115
Bread, butternut whole grain	2,104
Oranges, raw, all commercial varieties	2,103
Chives, raw	2,094
Cauliflower, purple, raw	2,084
Cabbage, savoy, boiled	2,050
Prune juice, canned	2,036
Guava, red-fleshed	1,990
Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	1,965
Bread, pumpernickel	1,963
Nuts, cashew nuts, raw	1,948
Beet greens, raw	1,946
Avocados, Hass, raw	1,922
Peaches, raw	1,922
Arugula (rocket), raw	1,904
Beans, navy, mature seeds, raw	1,861
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1,858
Grapes, red, raw	1,837
Oranges, raw, navels	1,819
Juice, red grape	1,788

Beets, raw	1,776
Cabbage, black, cooked	1,773
Juice, acai blends	1,767
Radishes, raw	1,750
Grapes, black	1,746
Pears, red anjou, raw	1,746
Snacks, popcorn, air-popped	1,743
Cereals, oats, old fashioned, uncooked	1,708
Nuts, macadamia nuts, dry roasted	1,695
Spinach, frozen, chopped or leaf, unprepared	1,687
Potatoes, Russet, flesh and skin, baked	1,680
Asparagus, cooked, boiled, drained	1,644
Grapefruit, raw, pink and red and white, all areas	1,640
Tangerines, (mandarin oranges), raw	1,627
Broccoli raab, cooked	1,590
Snacks, tortilla chips, low fat, made with olestra	1,549
Grapefruit, raw, pink and red, all areas	1,548

Lettuce, green leaf, raw	1,532
Onions, red, raw	1,521
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	1,517

Spinach, raw	1,513
Alfalfa seeds, sprouted, raw	1,510
Broccoli, raw	1,510
Juice, Cranberry/Concord grape	1,480
Cranberry juice, unsweetened	1,452
Lettuce, butterhead (includes boston and bibb types), raw	1,423
Guavas, common, raw	1,422
Bread, Multi-Grain (includes whole-grain)	1,421
Nuts, brazilnuts, dried, unblanched	1,419
Cauliflower, green, cooked	1,387
Lemons, raw, without peel	1,346
Potatoes, red, flesh and skin, baked	1,326
Potatoes, russet, flesh and skin, raw	1,322
Bread, Oatnut	1,318
Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	1,303
Parsley, raw	1,301
Mangos, raw	1,300
Agave, raw (Southwest)	1,294
Milk, chocolate, fluid, commercial, reduced fat	1,263
Tea, green, brewed	1,253
Grapefruit juice, white, raw	1,238
Lemon juice, raw	1,225

Onions, yellow, sauteed	1,220
Kiwi, gold, raw	1,210
Potatoes, white, flesh and skin, baked	1,138
Tea, brewed, prepared with tap water	1,128
Apricots, raw	1,110
Potatoes, red, flesh and skin, raw	1,098
Potatoes, white, flesh and skin, raw	1,058
Peppers, sweet, yellow, raw	1,043
Grapes, white or green, raw	1,018
Lettuce, cos or romaine, raw	1,017
Alcoholic beverage, wine, table, rose	1,005
Juice, strawberry	1,002
Sauce, salsa, ready-to-serve	1,001
Peppers, sweet, orange, raw	984
Mushrooms, portabella, raw	968
Soybeans, mature seeds, sprouted, raw	962
Mushrooms, brown, Italian, or Crimini, raw	951
Pineapple, raw, extra sweet variety	943
Peppers, sweet, green, raw	935
Eggplant, raw	932
Nectarines, raw	919
Onions, raw	913

Beans, pinto, mature seeds, boiled	904
Sweet potato, raw	902
Cauliflower, raw	870
Juice, cranberry, 100% - cranberry blend, red	865
Onions, white, raw	863
Kiwi fruit, (chinese gooseberries), fresh, raw	862
Cabbage, boiled	856
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	847
Peppers, sweet, red, sauteed	847
Lime juice, raw	823
Peppers, sweet, red, raw	821
Noni fruit, raw	800
Beans, snap, green, raw	799
Bananas, raw	795
Juice, white grape	793
Olive oil, extra-virgin, w/parsley, home prepared	766
Sweet potato, cooked, boiled, without skin	766
Mushrooms, shiitake, dried	752
Peas, yellow, mature seeds, raw	741
Chilchen (Red Berry Beverage) (Navajo)	740
Cauliflower, boiled	739

Corn, sweet, yellow, raw	728
Orange juice, raw	726
Nuts, pine nuts, dried	720
Pear juice, all varieties	704
Orange juice, canned, unsweetened	703
Carrots, raw	697
Peppers, sweet, yellow, grilled	694
Tomato products, canned, sauce	694
Mushrooms, white, raw	691
Mush, blue corn with ash (Navajo)	684
Olive oil, extra-virgin, w/basil, home prepared	684
Mushrooms, maitake, raw	669
Mushroom, oyster, raw	664
Cauliflower, frozen, unprepared	620
Peppers, sweet, green, sauteed	615
Onions, sweet, raw	614
Peas, green, frozen, unprepared	600
Syrups, maple	590
Catsup	578
Leeks, (bulb and lower leaf-portion), raw	569
Pineapple juice, canned, unsweetened, without added ascorbic acid	568
Vinegar, Apple	564

Pineapple, raw, traditional varieties	562
Olive oil, extra virgin, w/garlic, home prepared	557
Celery, raw	552
Vegetable juice cocktail, canned	548

Tomatoes, plum, raw	546
Cabbage, raw	529
Peas, split, mature seeds, raw	524
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	522
Tea, green, ready-to-drink	520
Broccoli, frozen, spears, unprepared	496
Tomato juice, canned	486
Cocoa mix, powder	485
Pumpkin, raw	483
Spices, poppy seed	481
Lettuce, iceberg (includes crisphead types), raw	438
Carrots, baby, raw	436
Peaches, canned, heavy syrup, drained	436
Tomatoes, red, ripe, cooked	423
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	414
Babyfood, juice, pear	414
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	413

Vinegar, Red wine	410
Squash, winter, butternut, raw	396
Alcoholic beverage, wine, table, white	392
Tomatoes, red, ripe, raw, year round average	387
Pineapple, raw, all varieties	385
Olive oil, extra virgin	372
Carrots, boiled	326
Melons, cantaloupe, raw	319
Tea, black, ready-to-drink, plain and flavored	313
Fennel, bulb, raw	307
Papayas, raw	300
Asparagus, white, raw	296
Beans, snap, green variety, canned, regular pack, solids and liquids	290
Vinegar, Apple and Honey	270
Tea, white, ready-to-drink	264
Banana, Nam-wa variety	260
Melons, honeydew, raw	253
Eggplant, boiled	245
Beans, lima, immature seeds, canned, regular pack, solids and liquids	243
Cucumber, with peel, raw	232
Juice, cranberry, white	232
Vinegar, Honey	225

Olive oil, extra-virgin, w/garlic and red hot peppers, home prepared	219
Squash, summer, zucchini, includes skin, raw	180
Watermelon, raw	142
Cucumber, peeled, raw	140
Cauliflower, green, raw	136
Oil, peanut, salad or cooking	106
Limes, raw	82