

What are ORAC Units?

The ORAC (Oxygen Radical Absorbance Capacity) unit, ORAC value, or "ORAC score" is a method of measuring the antioxidant capacity of different foods and supplements. It was developed by scientists at the National Institutes of Health. While the exact relationship between the ORAC value of a food and its health benefit has not been established, it is believed that foods higher on the ORAC scale will more effectively neutralize free radicals. According to the free-radical theory of aging, this will slow the oxidative processes and free radical damage that can contribute to age-related degeneration and disease.

The following is a list of foods sorted by ORAC Value. The best anti-aging "superfoods", have higher ORAC values and generally imply stronger antioxidant capabilities.

Spices, cloves, ground	314,446
Sumac, bran, raw	312,400
Spices, cinnamon, ground	267,536
Sorghum, bran, hi-tannin	240,000
Spices, oregano, dried	200,129
Spices, turmeric, ground	159,277
Acai berry, freeze-dried	102,700
Sorghum, bran, black	100,800
Sumac, grain, raw	86,800
Cocoa, dry powder, unsweetened	80,933
Spices, cumin seed	76,800
Maqui berry, concentrated powder	75,000
Spices, parsley, dried	74,349
Sorghum, bran, red	71,000
Spices, basil, dried	67,553
Baking chocolate, unsweetened, squares	49,926
Spices, curry powder	48,504
Sorghum, grain, hi-tannin	45,400
Chocolate, dutched powder	40,200
Maqui berry, juice	40,000
Sage, fresh	32,004
Spices, mustard seed, yellow	29,257
Spices, ginger, ground	28,811
Spices, pepper, black	27,618
Thyme, fresh	27,426
Marjoram, fresh	27,297
Goji berries	25,300
Rice bran, crude	24,287
Spices, chili powder	23,636
Sorghum, grain, black	21,900
Candies, chocolate, dark	20,823
Flax hull lignans	19,600

Candies, semisweet chocolate 18,053
Nuts, pecans 17,940
Spices, paprika 17,919
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
Nuts, hazelnuts or filberts 9,645
Cranberries, raw 9,584
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
Beans, kidney, red, mature seeds, raw 8,459
Beans, pink, mature seeds, raw 8,320
Beans, black, mature seeds, raw 8,040
Nuts, pistachio nuts, raw 7,983
Currants, european black, raw 7,960
Beans, pinto, mature seeds, raw 7,779
Plums, black diamond, with peel, raw 7,581
Candies, milk chocolate 7,528
Lentils, raw 7,282
Agave, dried (Southwest) 7,274
Apples, dried to 40% moisture (purchased in Italy) 6,681
Spices, garlic powder 6,665
Artichokes, (globe or french), raw 6,552
Blueberries, raw 6,552
Plums, dried (prunes), uncooked 6,552
Beans, black turtle soup, mature seeds, raw 6,416
Sorghum, bran, white 6,400
Chocolate syrup 6,330
Plums, raw 6,259
Babyfood, fruit, peaches 6,257
Lemon balm, leaves, raw 5,997
Soybeans, mature seeds, raw 5,764
Spices, onion powder 5,735
Blackberries, raw 5,347
Garlic, raw 5,346
Coriander (cilantro) leaves, raw 5,141
Alcoholic Beverage, wine, table, red, Cabernet Sauvignon 5,034
Raspberries, raw 4,882
Babyfood, fruit, apple and blueberry, junior 4,822

Basil, fresh 4,805
Nuts, almonds 4,454
Dill weed, fresh 4,392
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw 4,343
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
Alcoholic beverage, wine, table, red 3,873
Strawberries, raw 3,577
Peanut butter, smooth style, with salt 3,432
Currants, red, raw 3,387
Figs, raw 3,383
Cherries, sweet, raw 3,365
Gooseberries, raw 3,277
Apricots, dried to 40% moisture (purchased in Italy) 3,234
Peanuts, all types, raw 3,166
Cabbage, red, cooked, boiled, drained, without salt 3,145
Broccoli raab, raw 3,083
Apples, raw, with skin 3,082
Raisins, seedless 3,037
Pears, raw 2,941
Agave, cooked (Southwest) 2,938
Apples, Red Delicious, raw, without skin 2,936
Juice, Blueberry 2,906
Apples, Gala, raw, with skin 2,828
Spices, cardamom 2,764
Apples, Golden Delicious, raw, with skin 2,670
Babyfood, fruit, bananas 2,658
Apples, Fuji, raw, with skin 2,589
Apples, raw, without skin 2,573
Babyfood, fruit, peaches, junior 2,551
Guava, white-fleshed 2,550
Dates, medjool 2,387
Broccoli, cooked, boiled, drained, without salt 2,386
Lettuce, red leaf, raw 2,380
Juice, Concord grape 2,377
Cereals, ready-to-eat, corn flakes 2,359
Juice, Pomegranate, 100% 2,341
Cereals, oats, instant, fortified, plain, dry 2,308
Cereals ready-to-eat, granola, low-fat, with raisins 2,294
Cabbage, red, raw 2,252
Apples, Golden Delicious, raw, without skin 2,210
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
Asparagus, raw 2,150
Cereals ready-to-eat, oatmeal, toasted squares 2,143
Sweet potato, cooked, baked in skin, without salt 2,115
Bread, butternut whole grain 2,104
Chives, raw 2,094
Cabbage, savoy, cooked, boiled, drained, without salt 2,050
Prune juice, canned 2,036
Guava, red-fleshed 1,990
Applesauce, canned, unsweetened, without added ascorbic acid 1,965
Bread, pumpernickel 1,963
Nuts, cashew nuts, raw 1,948
Beet greens, raw 1,946
Avocados, Hass, raw 1,933
Pears, green cultivars, with peel, raw 1,911
Rocket, raw 1,904
Oranges, raw, navels 1,819
Peaches, raw 1,814
Juice, red grape 1,788
Cabbage, black, cooked 1,773
Beets, raw 1,767
Pears, red anjou, raw 1,746
Snacks, popcorn, air-popped 1,743
Radishes, raw 1,736
Cereals, oats, old fashioned, uncooked 1,708
Tortilla chips, reduced fat, Olestra 1,704
Nuts, macadamia nuts, dry roasted, without salt added 1,695
Spinach, frozen, chopped or leaf, unprepared 1,687
Potatoes, Russet, flesh and skin, baked 1,680
Asparagus, cooked, boiled, drained 1,644
Tangerines, (mandarin oranges), raw 1,620
Broccoli raab, cooked 1,552
Grapefruit, raw, pink and red, all areas 1,548
Onions, red, raw 1,521
Beans, navy, mature seeds, raw 1,520
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain 1,517
Spinach, raw 1,515
Alfalfa seeds, sprouted, raw 1,510
Juice, Cranberry/Concord grape 1,480
Lettuce, green leaf, raw 1,447
Lettuce, butterhead (includes boston and bibb types), raw 1,423
Bread, mixed-grain (includes whole-grain, 7-grain) 1,421
Nuts, brazilnuts, dried, unblanched 1,419

Broccoli, raw 1,362
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
Milk, chocolate, fluid, commercial, reduced fat 1,263
Grapes, red, raw 1,260
Tea, green, brewed 1,253
Agave, raw (Southwest) 1,247
Grapefruit juice, white, raw 1,238
Lemon juice, raw 1,225
Onions, yellow, sauteed 1,220
Kiwi, gold, raw 1,210
Olive oil, extra-virgin 1,150
Potatoes, white, flesh and skin, baked 1,138
Tea, brewed, prepared with tap water 1,128
Grapes, white or green, raw 1,118
Apricots, raw 1,115
Potatoes, red, flesh and skin, raw 1,098
Potatoes, white, flesh and skin, raw 1,058
Onions, raw 1,034
Alcoholic beverage, wine, table, rose 1,005
Juice, strawberry 1,002
Mangos, raw 1,002
Sauce, ready-to-serve, salsa 1,001
Peppers, sweet, orange, raw 984
Peppers, sweet, yellow, raw 965
Lettuce, cos or romaine, raw 963
Soybeans, mature seeds, sprouted, raw 962
Eggplant, raw 933
Peppers, sweet, green, raw 923
Beans, pinto, mature seeds, cooked, boiled, without salt 904
Sweet potato, raw, unprepared 902
Pineapple, raw, extra sweet variety 884
Kiwi fruit, (chinese gooseberries), fresh, raw 882
Bananas, raw 879
Juice, cranberry, 100% - cranberry blend, red 865
Onions, white, raw 863
Cabbage, cooked, boiled, drained, without salt 856
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw 847
Peppers, sweet, red, sauteed 847
Raisins, white, fresh (purchased in Italy) 830
Cauliflower, raw 829
Lime juice, raw 823
Grape juice, white 793

Peppers, sweet, red, raw 791
Olive oil, extra-virgin, w/parsley, home prepared 766
Sweet potato, cooked, boiled, without skin 766
Beans, snap, green, raw 759
Nectarines, raw 750
Peas, yellow, mature seeds, raw 741
Chilchen (Red Berry Beverage) (Navajo) 740
Corn, sweet, yellow, raw 728
Orange juice, raw 726
Pear juice, all varieties 704
Peppers, sweet, yellow, grilled 694
Tomato products, canned, sauce 694
Mush, blue corn with ash (Navajo) 684
Olive oil, extra-virgin, w/basil, home prepared 684
Carrots, raw 666
Cauliflower, cooked, boiled, drained, without salt 620
Nuts, pine nuts, dried 616
Peppers, sweet, green, sauteed 615
Onions, sweet, raw 614
Peas, green, frozen, unprepared 600
Catsup 578
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
Vegetable juice cocktail, canned 548
Tomatoes, plum, raw 546
Peas, split, mature seeds, raw 524
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared 522
Cabbage, raw 508
Celery, raw 497
Broccoli, frozen, spears, unprepared 496
Leeks, (bulb and lower leaf-portion), raw 490
Tomato juice, canned, with salt added 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
Babyfood, juice, pear 414
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 413
Vinegar, Red wine 410
Apple juice, canned or bottled, unsweetened, without added ascorbic acid 408
Tomatoes, red, ripe, cooked 406
Squash, winter, butternut, raw 396

Alcoholic beverage, wine, table, white 392
Pineapple, raw, all varieties 385
Tomatoes, red, ripe, raw, year round average 367
Carrots, cooked, boiled, drained, without salt 317
Melons, cantaloupe, raw 315
Fennel, bulb, raw 307
Beans, snap, green variety, canned, regular pack, solids and liquids 290
Vinegar, Apple and Honey 270
Eggplant, cooked, boiled, drained, without salt 245
Beans, lima, immature seeds, canned, regular pack, solids and liquids 243
Melons, honeydew, raw 241
Juice, cranberry, white 232
Vinegar, Honey 225
Olive oil, extra-virgin, w/garlic and red hot peppers, home prepared 219
Cucumber, with peel, raw 214
Squash, summer, zucchini, includes skin, raw 180
Watermelon, raw 142
Cucumber, peeled, raw 126
Oil, peanut, salad or cooking 106
Limes, raw 82