

Table 1

Comparison of ORAC Values (Antioxidant Activity) in Fresh Fruit

Fresh or Raw Fruit	Total ORAC (micomoles TE/g)
<i>Acai fruit (freeze-dried OptiAcai)</i>	1027
<i>Acai fruit (fresh)</i>	185
Cranberry	95
Blueberry (low bush)	93
Plums (black)	73
Plums	62
Blueberry (cultivated)	62
Blackberry	53
Raspberry	49
Apple, Red Delicious (with peel)	43
Acai fruit, frozen	40
Apple, Granny Smith	39
Strawberry	36
Cherries (sweet)	34
Apple, Red Delicious (no peel)	29
Apple, Gala	28
Apple, Golden Delicious (with peel)	27
Apple, Fiji	26
Apple, Golden Delicious (no peel)	22
Applesauce	20
Avocado (Haas)	19
Pears (green cultivars)	19
Pear (Red Anjou)	18
Orange (Navel)	18
Peaches	18
Tangerines	16
Grapefruit (Red)	16
Apricot	13
Grapes (Red)	13
Grapes (green)	11
Mango	10
Kiwifruit	9
Bananas	9
Pineapples	8
Nectarines	8
Peaches, canned in heavy syrup	4
Cantaloupe	3
Honeydew melons	2
Watermelon	1

Table 1

Comparison of ORAC Values (Antioxidant Activity) in Fresh, Raw and/or Cooked Vegetables

Fresh, Raw or Cooked Vegetables	Total ORAC (micomoles TE/g)
<i>Acai fruit (freeze-dried OptiAcai)</i>	1027
<i>Acai fruit (fresh)</i>	185
Acai spray-dried powders	55-155
Artichoke	94
Peas (black eye)	43
Butterhead lettuce	33
Cabbage (red)	31
Broccoli (raab)	30
Asparagus	30
Beets	28
Spinach	26
Eggplant	25
Broccoli	16
Potato, Russet, cooked	16
Potato, red, cooked	13
Carrot	12
Green leaf lettuce	12
Red lead lettuce	12
Onions, yellow and red	11
Potato, white, cooked	11
Radishes	10
Salsa	10
Peppers, red sweet	9
Romaine lettuce	9
Sweet potato, cooked	8
Cauliflower	6
Celery	6
Green Peas, frozen	6
Ketchup	6
Peppers, Green Sweet (Bell Peppers)	6
Iceberg Lettuce	6
Tomato Juice	6
V8 Vegetable Juice	6
Corn, frozen	5
Pumpkin, raw	5
Corn, canned	4
Green Peas, canned	4
Snap Beans, canned or raw	3
Tomato, raw	3
Lima beans, canned	2
Cucumber with and without peel	1

Table 3

**Comparison of ORAC Values (Antioxidant Activity)
in Dried Fruits and Vegetables**

Dried Fruits & Vegetables	ORAC value (micromoles of TE/g)
Acai (freeze-dried OptiAcai)	1027
Wild black raspberry	340
Wild blueberry	260
Elderberry	240
Wolfberry	220
Red raspberry	160
Green pepper	150
Spinach	149
Beans, dry, mature (small red)	144
Beans, dry, mature (red kidney)	124
Beans, dry, mature (pinto)	130
Hawthorn	130
Broccoli	125
Cranberry	120
Beets	100
Cherry	90
Red pepper	86
Prunes	80
Beans, dry, mature (black)	70
Green beans	60
<i>Acai spray-dried power</i>	<i>60</i>
Tomato	60
Carrot	50
Dates	39
Figs	34
Raisins	30
Dates, Medjool	24

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