

Top Antioxidant Bearing Foods
ORAC Units per 100 grams

ORAC (Oxygen Radical Absorbance Capacity) is a measure of the ability of food to subdue harmful oxygen free radicals that can damage our bodies.

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| Dark Chocolate | 13,120 |
| Milk Chocolate | 6,740 |
| Prunes | 5,770 |
| Raisins | 2,830 |
| Blueberries | 2,400 |
| Blackberries | 2,036 |
| Kale | 1,770 |
| Strawberries | 1,540 |
| Spinach | 1,260 |
| Raspberries | 1,220 |
| Brussel Sprouts | 980 |
| Plums | 949 |
| Alfalfa Sprouts | 930 |
| Broccoli Florets | 890 |
| Oranges | 750 |
| Red Grapes | 739 |
| Red Bell Pepper | 710 |
| Cherries | 670 |
| Onion | 450 |
| Corn | 400 |
| Eggplant | 390 |