



Which Fruits and Vegetables Have the Most Antioxidants?

Scientists at the USDA set out to answer this question. They utilized a scientific method known as the Oxygen Radical Absorbance Capacity (ORAC) to analyze different kinds of fruits, vegetables and other foods and determine their total antioxidant capacity per serving. Of the foods tested, here are the best of the best: the foods with the very highest antioxidant scores. Be sure to eat lots of them on a daily basis!

Top Ten Highest-Antioxidant Fruits	ORAC VALUE
Blueberry	9019 (cultivated)
(wild, 'low bush' are best)	13,427 (wild)
Cranberry	8983
Blackberry	7701
Raspberry	6058
Strawberry	5938
Red Delicious apple (with peel)	5900
Granny Smith apple	4844
Cherry	4873
Gala apple	3903

Top Ten Highest Antioxidant Vegetables	ORAC VALUE
Artichoke	7904
Avocado	3344
Broccoli Raab	2621
Red Cabbage	2359
Broccoli	1400
Peppers (yellow, orange)	1830-1905
Red Leaf lettuce	1213
Radish	1107
Peppers (red, sweet)	1072
Spinach	1056
Eggplant	1039

Top Four Highest Antioxidant Beans and Peas	ORAC VALUE
($\frac{1}{2}$ cup dried)	
Small Red beans	13727
Red Kidney beans	13259
Pinto beans	11864
Black bean	4181

Top Four Highest Antioxidant Raw Nuts	ORAC VALUE
(One ounce serving)	
Pecans	5095
Walnuts	3846
Hazelnuts	2739
Almonds	1265