

Top Food Antioxidants

| 100 g: | ½ cup: | 1 ounce: | 1 each: | 1 cup: |
|---|---|-------------|--|--|
| Cinnamon, 267,536* Aronia, black chokeberry, 16062 | Dry small red bean, 13727 Dry red kidney bean, 13259 Dry pinto bean, 11864 Dry black bean, 4181 Prune, 7291 | Pecan, 5095 | Red Delicious apple, 5900 Granny Smith apple, 5381 Black plum, 4844 Russet potato, cooked, 4649 Plum, 4118 Gala apple, 3903 | Wild blueberry, 13427 Blueberry, 9019 Cranberry, 8983 Artichoke hearts, 7904 Blackberry, cultivated, 7701 Raspberry, 6058 Strawberry, 5938 Sweet cherry, 4873 |

*Numbers refer to ORAC (Oxygen Radical Absorbance Capacity) values