

ORAC FOOD VALUES – antioxidant levels of common foods; the higher the better and the more variety the better for overall health.

Fruits	Vegetables	Legumes, Grains	Spices	Drinks
Amla – 262,000	Corn purple – 11,000	Sorghum black – 100,000	Clove – 290,000	Water – 0
Acai – 103,000	Artichoke – 9000	Sorghum red – 71,000	Oregano – 175,000	Peppermint tea – 160,000
Raisin golden – 10,000	Garlic raw – 5000	Kidney bean – 8000	Rosemary – 165,000	Dandelion tea – 15,000
Cranberry – 9000	Broccoli – 3000	Black bean – 8000	Thyme – 157,000	Moringa tea – 12,000
Pear – 9000	Cabbage – 3000	Pinto bean – 8000	Mushroom – 147,000	Raspberry juice – 7000
Plum – 8000	Potato purple – 2700	Lentils – 7000	Cinnamon – 131,000	Hibiscus tea – 7000
Apple dried – 7000	Lettuce – 2400	Soybean – 6000	Turmeric – 127,000	Coffee – 2700
Blueberry – 7000	Asparagus – 2300	Quinoa – 5000	Parsley – 71,000	Pomegranate juice – 2700
Blackberry – 6000	Cauliflower – 2200	Rice red – 3600	Nutmeg – 70,000	Blueberry juice – 2400
Raspberry – 5000	Sweet potato – 2100	Navy bean – 1900	Basil – 61,000	Cherry juice – 2400
Pomegranate – 5000	Chive – 2000	Oats – 1700	Cocoa – 55,000	Grape juice – 2400
Strawberry – 4000	Kale – 1800	Barley – 1200	Mustard – 29,000	Prune juice – 2000
Raisin white – 4000	Beet – 1800	Chickpea – 800	Ginger – 28,000	Cranberry juice – 1500
Goji berry – 4000	Spinach – 1700	Rice brown – 300	Black pepper – 27,000	Lemon juice – 1200
Dates – 4000	Potato russet – 1700	Rice white – 30	Chili powder – 22,000	Green tea – 1200
Figs – 3400	Onions – 1500		Paprika – 22,000	Black tea – 1100
Cherry – 3400	Potato red – 1300	Nuts, Seeds	Saffron – 21,000	Lime juice – 800
Apricot – 3200	Brussel sprout – 1300	Pecan – 18,000	Cayenne – 20,000	Orange juice – 700
Apple raw – 3000	Potato white – 1100	Walnut – 10,000	Garlic – 7000	Tomato juice – 500
Orange – 2100	Salsa – 1000	Hazelnut – 10,000	Onion – 5000	Apple juice – 400
Peach – 2000	Peppers – 1000	Chia seed – 10,000	Cilantro – 5000	
Apple sauce – 2000	Tomato – 700	Pistachio – 8000	Cardamom – 3000	Miscellaneous
Avocado – 1900	Carrot – 700	Almond – 4000		Ginger raw – 15,000
Grape – 1800	Corn – 700 (yellow/blue)	Peanut – 3200		Wine cab. – 5000
Grapefruit – 1600	Peas – 600	Cashew – 1900	Sweets, Treats	Wine mer. – 2700
Tangerine – 1600	Leek – 600	Macadamia – 1700	Chocolate dark – 20,000	Coconut oil – 1000
Mango – 1300	Celery – 500	Brazil nut – 1400	Agave – 7000	Virgin olive oil – 400
Pineapple – 1000	Squash – 400	Flaxseed – 1100	Spirulina – 6000	Red wine vinegar – 400
Kiwi – 900	Green bean – 300	Pumpkin seed – 500	Popcorn – 1800	Apple cider vinegar – 300
Banana – 800	Cucumber – 200	Hemp seed – 100	Maple syrup – 600	
Watermelon – 140			Honey – 100	

Numbers rounded for reading ease. Sources: food values provided by superfoodly.com and printable pdf provided by peaceand.love.