

ORAC VALUES OF COMMON FOODS, VITAMINS, OILS, SPICES

(Compiled from optimalhealth.cia.com.au/OracLevels.htm and other sources as listed)

Food/Spice/Oil/Vitamin	ORAC	REFERENCE
Clove oil (<i>Syzigium aromaticum</i>)	10786875	optimalhealth.cia.com.au/OracLevels.htm
Clove, ground	314446	oracvalues.com/sort/orac-value
Coriander	298300	www.therapeutic-grade.com/refs/orac.html
Cinnamon powder	267536	blog.thrivefoods.net/
Fennel oil	238400	www.therapeutic-grade.com/refs/orac.html
Oregano Powder	200129	blog.thrivefoods.net/
Vit C (1.89 Orac units / mg)	189000	drmarkcrapo.typepad.com/dr_marks_web_blog/2009/01/the-numbers-g
Thyme oil (<i>Thymus vulgaris</i>)	159590	optimalhealth.cia.com.au/OracLevels.htm
Cedarwood oil	169000	www.therapeutic-grade.com/refs/orac.html
Tumeric	159277	blog.thrivefoods.net/
Nutmeg oil	158100	www.therapeutic-grade.com/refs/orac.html
Oregano oil (<i>Origanum compactum</i>)	153007	blog.thrivefoods.net/
Vit E (1.35 Orac units / IU / mg)	135000	drmarkcrapo.typepad.com/dr_marks_web_blog/2009/01/the-numbers-g
Majoram oil	130900	www.therapeutic-grade.com/refs/orac.html
Orange Oil (90-97% α -D-Limonene)	18898	www.younglivingessentialoils4u.com/orange.pure.organic
Mountain Savory oil (<i>Satureja montana</i>)	113071	optimalhealth.cia.com.au/OracLevels.htm
Cinnamon Bark oil (<i>Cinnamomum zeylanicum</i>)	103448	optimalhealth.cia.com.au/OracLevels.htm
Ginger oil	99300	www.therapeutic-grade.com/refs/orac.html
Cocoa Powder (non alkali)	80933	blog.thrivefoods.net/
Cumin Seed	76800	oracvalues.com/sort/orac-value
Parsley, dried	74349	oracvalues.com/sort/orac-value
Basil, Dried	67553	oracvalues.com/sort/orac-value
Curry Powder	48504	oracvalues.com/sort/orac-value

		Cocoa, Dutched Powder (alkali t	40200	oracvalues.com/sort/orac-value	
		Rose of Sharon oil (Cistus ladan	38648	optimalhealth.cia.com.au/OracLevels.htm	
		Taragon oil	37900	www.therapeutic-grade.com/refs/orac.html	
		Mustard seed	29257	oracvalues.com/sort/orac-value	
		Ginger Powder	28811	blog.thrivefoods.net/	
		Black Pepper	27618	oracvalues.com/sort/orac-value	
		Lime oil	26200	www.therapeutic-grade.com/refs/orac.html	
		Wolf berry (Fructus Lycii / gogi b	25300	optimalhealth.cia.com.au/OracLevels.htm	
		Eucalyptus oil (Eucalyptus (Euc	24157	optimalhealth.cia.com.au/OracLevels.htm	
		Chili powder	23636	blog.thrivefoods.net/	
		Orange oil (Citrus aurantium)	18898	optimalhealth.cia.com.au/OracLevels.htm	
		Pecans	17940	oracvalues.com/sort/orac-value	
		Paprika	17919	oracvalues.com/sort/orac-value	
		Lemongrass oil (Cymbopogen fl	17765	optimalhealth.cia.com.au/OracLevels.htm	
		Helichrysum oil (Helichrysum ita	17420	optimalhealth.cia.com.au/OracLevels.htm	
		Thyme oil	15960	oracvalues.com/sort/orac-value	
		Oregano oil	15300	oracvalues.com/sort/orac-value	
		Elderberries, raw	14697	oracvalues.com/sort/orac-value	
		Oregano fresh	13970	oracvalues.com/sort/orac-value	
		Walnuts, English , raw	13541	oracvalues.com/sort/orac-value	
		Dark Chocolate	13120	optimalhealth.cia.com.au/OracLevels.htm	
		Sage oil	11300	www.therapeutic-grade.com/refs/orac.html	
		Filberts, Hazelnuts	9645	oracvalues.com/sort/orac-value	
		Cranberries, raw	9584	oracvalues.com/sort/orac-value	
		Pastichios, raw	7983	oracvalues.com/sort/orac-value	
		Currents, European Black raw	7960	oracvalues.com/sort/orac-value	
		Lentils, raw	7282	oracvalues.com/sort/orac-value	
		Milk Chocolate	6740	optimalhealth.cia.com.au/OracLevels.htm	
		Prunes	5770	optimalhealth.cia.com.au/OracLevels.htm	
		Onion Powder	5735	oracvalues.com/sort/orac-value	
		Spearmint oil (Mentha spicata)	5398	optimalhealth.cia.com.au/OracLevels.htm	

		Blackberries, raw	5347	oracvalues.com/sort/orac-value	
		Garlic, Raw	5346	oracvalues.com/sort/orac-value	
		Raspberries, raw	4882	oracvalues.com/sort/orac-value	
		Basil, Fresh	4805	oracvalues.com/sort/orac-value	
		Dill weed, fresh	4392	oracvalues.com/sort/orac-value	
		Almonds	4288	blog.thrivefoods.net/	
		Berry Young Juice	4214	optimalhealth.cia.com.au/OracLevels.htm	
		Lavender oil (Lavendula angustifolia)	3669	optimalhealth.cia.com.au/OracLevels.htm	
		Wolfberry Juice	3472	optimalhealth.cia.com.au/OracLevels.htm	
		Figs, raw	3383	oracvalues.com/sort/orac-value	
		Cherries, sweet, raw	3365	oracvalues.com/sort/orac-value	
		Rosemary oil (Rosmarinus officinalis)	3309	optimalhealth.cia.com.au/OracLevels.htm	
		Pomegranates	3307	optimalhealth.cia.com.au/OracLevels.htm	
		Peanuts, all types, raw	3166	oracvalues.com/sort/orac-value	
		Apples, raw with skin	3082	oracvalues.com/sort/orac-value	
		Raisins	2830	optimalhealth.cia.com.au/OracLevels.htm	
		Juniper oil (Juniperus osteosperma)	2517	optimalhealth.cia.com.au/OracLevels.htm	
		Roman Chamomile oil (Chamaemelum nobile)	2446	optimalhealth.cia.com.au/OracLevels.htm	
		Blueberries	2400	optimalhealth.cia.com.au/OracLevels.htm	
		Blackberries	2036	optimalhealth.cia.com.au/OracLevels.htm	
		Garlic	1939	optimalhealth.cia.com.au/OracLevels.htm	
		Kale	1770	optimalhealth.cia.com.au/OracLevels.htm	
		Cranberries	1750	optimalhealth.cia.com.au/OracLevels.htm	
		Sandalwood oil (Santalum Album)	1655	optimalhealth.cia.com.au/OracLevels.htm	
		Strawberries	1540	optimalhealth.cia.com.au/OracLevels.htm	
		Tahitian Noni Juice	1506	optimalhealth.cia.com.au/OracLevels.htm	
		Spinach	1260	optimalhealth.cia.com.au/OracLevels.htm	
		Green Tea	1253	blog.thrivefoods.net/	
		Raspberries	1220	optimalhealth.cia.com.au/OracLevels.htm	
		Yellow Squash	1150	optimalhealth.cia.com.au/OracLevels.htm	
		Olive Oil	1150	oracvalues.com/olive-oil-extra-virgin	

		Brussels sprouts	980	optimalhealth.cia.com.au/OracLevels.htm	
		Plums	949	optimalhealth.cia.com.au/OracLevels.htm	
		Alfalfa sprouts	930	optimalhealth.cia.com.au/OracLevels.htm	
		Steamed Spinach	909	optimalhealth.cia.com.au/OracLevels.htm	
		Broccoli Flowers	890	optimalhealth.cia.com.au/OracLevels.htm	
		Beets	840	optimalhealth.cia.com.au/OracLevels.htm	
		Avocado	782	optimalhealth.cia.com.au/OracLevels.htm	
		Oranges	750	optimalhealth.cia.com.au/OracLevels.htm	
		Grapes, Red	739	optimalhealth.cia.com.au/OracLevels.htm	
		Red bell pepper	710	optimalhealth.cia.com.au/OracLevels.htm	
		Cherries	670	optimalhealth.cia.com.au/OracLevels.htm	
		Lemon oil	660	www.therapeutic-grade.com/refs/orac.html	
		Kiwi fruit	610	optimalhealth.cia.com.au/OracLevels.htm	
		Beans, Baked	503	optimalhealth.cia.com.au/OracLevels.htm	
		Grapefruit, pink	495	optimalhealth.cia.com.au/OracLevels.htm	
		Grapes, White	460	optimalhealth.cia.com.au/OracLevels.htm	
		Beans, Kindey	460	optimalhealth.cia.com.au/OracLevels.htm	
		Onion	450	optimalhealth.cia.com.au/OracLevels.htm	
		Corn	400	optimalhealth.cia.com.au/OracLevels.htm	
		Eggplant	390	optimalhealth.cia.com.au/OracLevels.htm	
		Cauliflower	385	optimalhealth.cia.com.au/OracLevels.htm	
		Peas, Frozen	375	optimalhealth.cia.com.au/OracLevels.htm	
		Potato	300	optimalhealth.cia.com.au/OracLevels.htm	
		Cabbage	295	optimalhealth.cia.com.au/OracLevels.htm	
		Sweet Potato	295	optimalhealth.cia.com.au/OracLevels.htm	
		Leaf Lettuce	265	optimalhealth.cia.com.au/OracLevels.htm	
		Cantaloupe	250	optimalhealth.cia.com.au/OracLevels.htm	
		Banana	210	optimalhealth.cia.com.au/OracLevels.htm	
		Apple	207	optimalhealth.cia.com.au/OracLevels.htm	
		Tofu	205	optimalhealth.cia.com.au/OracLevels.htm	
		String Beans	200	optimalhealth.cia.com.au/OracLevels.htm	

		Carrot	200	optimalhealth.cia.com.au/OracLevels.htm	
		Tomato	195	optimalhealth.cia.com.au/OracLevels.htm	
		Zucchini	176	optimalhealth.cia.com.au/OracLevels.htm	
		Apricot	175	optimalhealth.cia.com.au/OracLevels.htm	
		Peach	170	optimalhealth.cia.com.au/OracLevels.htm	
		Beans, Lima	136	optimalhealth.cia.com.au/OracLevels.htm	
		Pear	110	optimalhealth.cia.com.au/OracLevels.htm	
		Iceberg / Head Lettuce	105	optimalhealth.cia.com.au/OracLevels.htm	
		Watermelon	100	optimalhealth.cia.com.au/OracLevels.htm	
		Honeydew Melon	97	optimalhealth.cia.com.au/OracLevels.htm	
		Celery	75	optimalhealth.cia.com.au/OracLevels.htm	
		Cucumber	60	optimalhealth.cia.com.au/OracLevels.htm	
		Flax Seed Oil	2.4	www.botanicoil.com/products/pdfs/boi-catalog-online.pdf	

