

List of ORAC values of food items.

Read time: 3 minutes



What are **ORAC** Units? The **ORAC** (Oxygen Radical Absorbance Capacity) unit, **ORAC value**, or “**ORAC score**” is a method of measuring the in vitro antioxidant capacity of different foods and supplements. More than two decades in the making, it was originally developed by scientists working at the National Institutes of Health (NIH) and USDA.

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List of ORAC values

Below is the complete list of ORAC values for a number of food items, prepared by the US Department of Agriculture and published in November 2007.

Spices, cloves, ground	314446
Sumac, bran, raw	312400
Spices, cinnamon, ground	267536
Sorghum, bran, hi-tannin	240000
Spices, oregano, dried	200129
Spices, turmeric, ground	159277
Sorghum, bran, black	100800
Sumac, grain, raw	86800
Cocoa, dry powder, unsweetened	80933
Spices, cumin seed	76800
Spices, parsley, dried	74349
Sorghum, bran, red	71000
Spices, basil, dried	67553
Baking chocolate, unsweetened, squares	49926
Spices, curry powder	48504
Sorghum, grain, hi-tannin	45400
Chocolale, dutched powder	40200
Sage, fresh	32004
Spices, mustard seed, yellow	29257
Spices, ginger, ground	28811
Spices, pepper, black	27618

Thyme, fresh	27426
Marjoram, fresh	27297
Rice bran, crude	24287
Spices, chili powder	23636
Sorghum, grain, black	21900
Candies, chocolate, dark	20823
Candies, semisweet chocolate	18053
Nuts, pecans	17940
Spices, paprika	17919
Chokeberry, raw	16062
Tarragon, fresh	15542
Ginger root, raw	14840
Elderberries, raw	14697
Sorghum, grain, red	14000
Peppermint, fresh	13978
Oregano, fresh	13970
Nuts, walnuts, english	13541
Nuts, hazelnuts or filberts	9645
Cranberries, raw	9584
Pears, dried to 40% moisture (purchased in Italy)	9496
Savory, fresh	9465
Artichokes, Ocean Mist, boiled	9416
Artichokes, Ocean Mist, Microwaved	9402
Beans, kidney, red, mature seeds, raw	8459
Beans, pink, mature seeds, raw	8320
Beans, black, mature seeds, raw	8040
Nuts, pistachio nuts, raw	7983
Currants, european black, raw	7960
Beans, pinto, mature seeds, raw	7779
Plums, black diamond, with peel, raw	7581
Candies, milk chocolate	7528
Lentils, raw	7282
Agave, dried (Southwest)	7274
Apples, dried to 40% moisture (purchased in Italy)	6681
Spices, garlic powder	6665
Artichokes, (globe or french), raw	6552
Blueberries, raw	6552

Plums, dried (prunes), uncooked	6552
Beans, black turtle soup, mature seeds, raw	6416
Sorghum, bran, white	6400
Chocolate syrup	6330
Plums, raw	6259
Babyfood, fruit, peaches	6257
Lemon balm, leaves, raw	5997
Soybeans, mature seeds, raw	5764
Spices, onion powder	5735
Blackberries, raw	5347
Garlic, raw	5346
Coriander (cilantro) leaves, raw	5141
Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	5034
Raspberries, raw	4882
Babyfood, fruit, apple and blueberry, junior	4822
Basil, fresh	4805
Nuts, almonds	4454
Dill weed, fresh	4392
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	4343
Apples, Red Delicious, raw. with skin	4275
Peaches, dried to 40% moisture (purchased in Italy)	4222
Raisins, white, dried to 40% moisture (purchased in Italy)	4188
Babyfood, fruit, applesauce, strained	4123
Apples, Granny Smith, raw, with skin	3898
Dates, deglet noor	3895
Alcoholic beverage, wine, table, red	3873
Strawberries, raw	3577
Peanut butter, smooth style, with salt	3432
Currants, red, raw	3387
Figs, raw	3383
Cherries, sweet, raw	3365
Gooseberries, raw	3277
Apricots, dried to 40% moisture (purchased in Italy)	3234
Peanuts, all types, raw	3166
Cabbage, red, cooked, boiled, drained, without salt	3145
Broccoli raab, raw	3083
Apples, raw, with skin	3082

Raisins, seedless	3037
Pears, raw	2941
Agave, cooked (Southwest)	2938
Apples, Red Delicious, raw, without skin	2936
Juice, Blueberry	2906
Apples, Gala, raw, with skin	2828
Spices, cardamom	2764
Apples, Golden Delicious, raw, with skin	2670
Babyfood, fruit, bananas	2658
Apples, Fuji, raw, with skin	2589
Apples, raw, without skin	2573
Babyfood, fruit, peaches, junior	2551
Guava, white-fleshed	2550
Dates, medjool	2387
Broccoli, cooked, boiled, drained, without salt	2386
Lettuce, red leaf, raw	2380
Juice, Concord grape	2377
Cereals, ready-to-eat, corn flakes	2359
Juice, Pomegranate, 100%	2341
Cereals, oats, instant, fortified, plain, dry	2308
Cereals ready-to-eat, granola, low-fat, with raisins	2294
Cabbage, red, raw	2252
Apples, Golden Delicious, raw, without skin	2210
Sorghum, grain, white	2200
Radish seeds, sprouted, raw	2184
Cereals ready-to-eat, oat bran	2183
Cereals ready-to-eat, toasted oatmeal	2175
Cereals, oats, quick, uncooked	2169
Asparagus, raw	2150
Cereals ready-to-eat, oatmeal, toasted squares	2143
Sweet potato, cooked, baked in skin, without salt	2115
Bread, butternut whole grain	2104
Chives, raw	2094
Cabbage, savoy, cooked, boiled, drained, without salt	2050
Prune juice, canned	2036
Guava, red-fleshed	1990
Applesauce, canned, unsweetened, without added ascorbic acid	1965

Bread, pumpernickel	1963
Nuts, cashew nuts, raw	1948
Beet greens, raw	1946
Avocados, Hass, raw	1933
Pears, green cultivars, with peel, raw	1911
Rocket, raw	1904
Oranges, raw, navels	1819
Peaches, raw	1814
Juice, red grape	1788
Cabbage, black, cooked	1773
Beets, raw	1767
Pears, red anjou, raw	1746
Snacks, popcorn, air-popped	1743
Radishes, raw	1736
Cereals, oats, old fashioned, uncooked	1708
Tortilla chips, reduced fat, Olestra - TEMPORARY	1704
Nuts, macadamia nuts, dry roasted, without salt added	1695
Spinach, frozen, chopped or leaf, unprepared	1687
Potatoes, Russet, flesh and skin, baked	1680
Asparagus, cooked, boiled, drained	1644
Tangerines, (mandarin oranges), raw	1620
Broccoli raab, cooked	1552
Grapefruit, raw, pink and red, all areas	1548
Onions, red, raw	1521
Beans, navy, mature seeds, raw	1520
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	1517
Spinach, raw	1515
Alfalfa seeds, sprouted, raw	1510
Juice, Cranberry/Concord grape	1480
Lettuce, green leaf, raw	1447
Lettuce, butterhead (includes boston and bibb types), raw	1423
Bread, mixed-grain (includes whole-grain, 7-grain)	1421
Nuts, brazilnuts, dried, unblanched	1419
Broccoli, raw	1362
Potatoes, red, flesh and skin, baked	1326
Potatoes, russet, flesh and skin, raw	1322
Bread, Oatnut	1318

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	1303
Parsley, raw	1301
Milk, chocolate, fluid, commercial, reduced fat	1263
Grapes, red, raw	1260
Tea, green, brewed	1253
Agave, raw (Southwest)	1247
Grapefruit juice, white, raw	1238
Lemon juice, raw	1225
Onions, yellow, sauteed	1220
Kiwi, gold, raw	1210
Olive oil, extra-virgin	1150
Potatoes, white, flesh and skin, baked	1138
Tea, brewed, prepared with tap water	1128
Grapes, white or green, raw	1118
Apricots, raw	1115
Potatoes, red, flesh and skin, raw	1098
Potatoes, white, flesh and skin, raw	1058
Onions, raw	1034
Alcoholic beverage, wine, table, rose	1005
Mangos, raw	1002
Juice, strawberry	1002
Sauce, ready-to-serve, salsa	1001
Peppers, sweet, orange, raw	984
Peppers, sweet, yellow, raw	965
Lettuce, cos or romaine, raw	963
Soybeans, mature seeds, sprouted, raw	962
Eggplant, raw	933
Peppers, sweet, green, raw	923
Beans, pinto, mature seeds, cooked, boiled, without salt	904
Sweet potato, raw, unprepared	902
Pineapple, raw, extra sweet variety	884
Kiwi fruit, (chinese gooseberries), fresh, raw	882
Bananas, raw	879
Juice, cranberry, 100% - cranberry blend, red	865
Onions, white, raw	863
Cabbage, cooked, boiled, drained, without salt	856
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	847

Peppers, sweet, red, sauteed	847
Raisins, white, fresh (purchased in Italy)	830
Cauliflower, raw	829
Lime juice, raw	823
Grape juice, white	793
Peppers, sweet, red, raw	791
Olive oil, extra-virgin, w/parsley, home prepared	766
Sweet potato, cooked, boiled, without skin	766
Beans, snap, green, raw	759
Nectarines, raw	750
Peas, yellow, mature seeds, raw	741
Chilchen (Red Berry Beverage) (Navajo)	740
Corn, sweet, yellow, raw	728
Orange juice, raw	726
Pear juice, all varieties	704
Peppers, sweet, yellow, grilled	694
Tomato products, canned, sauce	694
Mush, blue corn with ash (Navajo)	684
Olive oil, extra-virgin, w/basil, home prepared	684
Carrots, raw	666
Cauliflower, cooked, boiled, drained, without salt	620
Nuts, pine nuts, dried	616
Peppers, sweet, green, sauteed	615
Onions, sweet, raw	614
Peas, green, frozen, unprepared	600
Catsup	578
Pineapple juice, canned, unsweetened, without added ascorbic acid	568
Vinegar, Apple	564
Pineapple, raw, traditional varieties	562
Olive oil, extra-virgin, w/garlic, home prepared	557
Vegetable juice cocktail, canned	548
Tomatoes, plum, raw	546
Peas, split, mature seeds, raw	524
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	522
Cabbage, raw	508
Celery, raw	497
Broccoli, frozen, spears, unprepared	496

Leeks, (bulb and lower leaf-portion), raw	490
Tomato juice, canned, with salt added	486
Cocoa mix, powder	485
Pumpkin, raw	483
Spices, poppy seed	481
Lettuce, iceberg (includes crisphead types), raw	438
Carrots, baby, raw	436
Peaches, canned, heavy syrup, drained	436
Babyfood, juice, pear	414
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	413
Vinegar, Red wine	410
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	408
Tomatoes, red, ripe, cooked	406
Squash, winter, butternut, raw	396
Alcoholic beverage, wine, table, white	392
Pineapple, raw, all varieties	385
Tomatoes, red, ripe, raw, year round average	367
Carrots, cooked, boiled, drained, without salt	317
Melons, cantaloupe, raw	315
Fennel, bulb, raw	307
Beans, snap, green variety, canned, regular pack, solids and liquids	290
Vinegar, Apple and Honey	270
Eggplant, cooked, boiled, drained, without salt	245
Beans, lima, immature seeds, canned, regular pack, solids and liquids	243
Melons, honeydew, raw	241
Juice, cranberry, white	232
Vinegar, Honey	225
Olive oil, extra-virgin, w/garlic and red hot peppers, home prepared	219
Cucumber, with peel, raw	214
Squash, summer, zucchini, includes skin, raw	180
Watermelon, raw	142
Cucumber, peeled, raw	126
Oil, peanut, salad or cooking	106
Limes, raw	82