

SPICES AND HERBS

A SURPRISING SOURCE OF ANTIOXIDANTS

ANTIOXIDANT COMPARISONS OF SPICES AND OTHER FOODS

	SERVING SIZE	ORAC (µmol TE/serving)
CINNAMON, GROUND	1 tsp	6956
CLOVES, GROUND	1 tsp	6603
POMEGRANATE JUICE	8 oz	5853
BLUEBERRIES	½ cup	4848
CRANBERRIES	½ cup	4792
OREGANO, DRIED	1 tsp	3602
MILK CHOCOLATE*	1 bar	3595
TURMERIC, GROUND	1 tsp	3504
CINNAMON, GROUND	½ tsp	3478
CLOVES, GROUND	½ tsp	3302
RASPBERRIES	½ cup	3002
STRAWBERRIES	½ cup chopped	2969
SWEET CHERRIES	½ cup	2322
OREGANO, DRIED	½ tsp	1801
TURMERIC, GROUND	½ tsp	1752
CUMIN SEED	1 tsp	1613
ASPARAGUS	½ cup chopped	1441
ALMONDS	1 oz	1263
RED CABBAGE	½ cup chopped	1002
CURRY POWDER	1 tsp	970
RED GRAPES	½ cup	951
CUMIN SEED	½ tsp	806
KIWIFRUIT	1 medium	670
GREEN PEPPER	½ cup chopped	688
BROCCOLI	½ cup chopped	620
CHILI POWDER	1 tsp	615
SWEET RED PEPPER	½ cup chopped	589
BLACK PEPPER	1 tsp	580
GINGER, GROUND	1 tsp	519
CURRY POWDER	½ tsp	485
SPINACH	1 cup	455
THYME**	1 tsp	407
CARROTS	1 medium	406
EGGPLANT	½ cup chopped	383
PAPRIKA	1 tsp	376
ROSEMARY**	1 tsp	364
CHILI POWDER	½ tsp	307
BLACK PEPPER	½ tsp	290
GINGER, GROUND	½ tsp	259
TOMATOES	½ cup chopped	330
CANTALOUPE*	½ cup chopped	250
THYME**	½ tsp	204
PAPRIKA	½ tsp	188
GARLIC POWDER	1 tsp	187
ROSEMARY**	½ tsp	182
WATERMELON	½ cup cubed	108
GARLIC POWDER	½ tsp	93

SOURCE: Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods – 2007. Nutrient Data Laboratory USDA, November 2007. www.ars.usda.gov/nutrientdata/ORAC.

* Wu X, Beecher GR, Holden JM, Haytowitz DB, Gebhardt SE, Prior RL. Lipophilic and hydrophilic antioxidant capacities of common foods in the United States. *Journal of Agriculture and Food Chemistry*. 2004;52:4026-4037.

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www.spicesforhealth.com



Definitions:

Oxygen Radical Absorbance Capacity (ORAC) is a method of measuring [antioxidant](#) capacities in biological samples. A wide variety of foods have been tested using this methodology, with certain [spices](#), [berries](#) and [legumes](#) rated very highly. Correlation between the high antioxidant capacity of fruits and vegetables, and the positive impact of diets high in fruits and vegetables, is believed to play an important role in the [free-radical theory](#) of aging.

The **µmol TE/serving** is the way ORAC is measured in micromoles of Trolox Equivalent (TE) per serving. Trolox is a Vitamin E analogue that acts as the standard or baseline against which other compounds antioxidant capacity is measured. This is one of the ways that antioxidant capacity of various foods can be compared.