

### 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