

ORAC

EXPLAINED

We've all heard that fruits and vegetables are good for us thanks to their antioxidant power. But to understand why, we have to look a little deeper. That's where an ORAC score matters. This score measures a food's free-radical-fighting capabilities. The higher the score, the better a food is at helping our bodies destroy free radicals. Take a look at some of the high-ORAC foods and the health benefits these superfoods provide.

14,500+

ORAC units

ELDERBERRY

Stimulates the immune system



9,000+

ORAC units

CRANBERRY

May help maintain healthy cholesterol



7,900+

ORAC units

BLACK CURRANT

Rich in vitamins and minerals



5,000+

ORAC units

RASPBERRY

Promotes cardiovascular health



4,500+

ORAC units

BLUEBERRY

Promotes cellular health

ORAC value source: USDA Database, May 2010