

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
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
Raspberries	½ cup	3002
Strawberries	½ cup chopped	2969
Sweet cherries	½ cup	2322
Oregano, dried	½ tsp	1801
Turmeric, ground	½ tsp	1752
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
Kiwifruit	1 medium	670
Green pepper	½ cup chopped	688
Broccoli	½ cup chopped	620
Sweet red pepper	½ cup chopped	589
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
Ginger, ground	½ tsp	259
Tomatoes	½ cup chopped	330
Cantaloupe*	½ cup chopped	250
Thyme**	½ tsp	204
Paprika	½ tsp	188
Rosemary**	½ tsp	182
Watermelon	½ cup cubed	108

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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