

SPICES AND HERBS

A SURPRISING SOURCE OF ANTIOXIDANTS

ANTIOXIDANT COMPARISONS OF SPICES AND OTHER FOODS

	SERVING SIZE	ORAC (μmol TE/serving)
Pomegranate juice	8 oz	6676
Cloves	1 tsp	6096
Cranberries	1/2 cup	4545
Blueberries	1/2 cup	3455
Cinnamon	1 tsp	3417
Milk chocolate	1 bar	3308
Oregano	1 tsp	3155
Raspberries	1/2 cup	3115
Strawberries	1/2 cup	3097
Cloves	1/2 tsp	3048
Sweet cherries	1/2 cup	2885
Turmeric	1 tsp	2795
Thyme	1 tsp	2203
Rosemary	1 tsp	1983
Cinnamon	1/2 tsp	1709
Oregano	1/2 tsp	1578
Asparagus	1/2 cup chopped	1509
Turmeric	1/2 tsp	1398
Red grapes	1/2 cup	1387
Almonds	1 oz	1263
Red cabbage	1/2 cup chopped	1111
Thyme	1/2 tsp	1102
Cumin	1 tsp	1012
Rosemary	1/2 tsp	992
Curry powder	1 tsp	970
Black pepper	1 tsp	783
Kiwi fruit	1/2 cup sliced	776
Ginger	1 tsp	703
Green pepper	1/2 cup chopped	697
Broccoli	1/2 cup chopped	687
Chili powder	1 tsp	638
Sweet red pepper	1/2 cup chopped	611
Cumin	1/2 tsp	506
Paprika	1 tsp	504
Curry powder	1/2 tsp	485
Pineapple, raw, traditional varieties	1/2 cup	464
Spinach	1 cup	454
Carrots	1 medium	425
Green beans (1/2" pieces)	1/2 cup	400
Black pepper	1/2 tsp	392
Eggplant	1/2 cup chopped	382
Red Pepper	1 tsp	354
Ginger	1/2 tsp	352
Tomatoes	1/2 cup chopped	348
Chili powder	1/2 tsp	319
Cantaloupe	1/2 cup chopped	255
Paprika	1/2 tsp	252
Cucumbers, with peel, slices	1 cup	241
Honeydew melon, raw, balls	1/2 cup	224
Zucchini	1 cup chopped	223
Garlic powder	1 tsp	207
Red Pepper	1/2 tsp	177
Watermelon	1/2 cup chopped	108
Garlic Powder	1/2 tsp	104

References:

USDA Database for the Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 2 (2010).
 USDA National Nutrient Database for Standard Reference, Release 23 - for USDA teaspoon equivalents.