



## Health Hint article by David Coory

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# How to get the optimum amount of anti-oxidants from food

Scientists have proven a strong link between lack of antioxidants in our body and disease, especially age-related disorders like memory and eye macular problems.

Because antioxidants lose much of their disease-fighting power when they are isolated from the mother plant, the most effective way of getting them is from whole plant sources, especially nuts, fruit, vegetables and herbs.

### The ORAC test

The ORAC test measures a food's antioxidant activity. Nutritionists recommend 4,000 ORAC units per day for optimum health. The average person gets only about 1400.

The following list is the average ORAC values from antioxidant rich foods (plus or minus 50% according to soil quality).

These values are per 100 grams, or 100 mls of food. So if a serving of food weighs 50 grams or 50 mls you need to halve the figure. Or if it weighs 200 grams you need to double it.

An apple or a banana weighs about 200 gms and a kiwifruit about 100 gms. A Granny Smith apple scores 3900 per 100 grams on the ORAC scale, but because it weighs 200 grams you would double this, and obtain a value of 7800 per apple.

### High antioxidant foods (ORAC over 5000) RDI 4000

- ▶ Cinnamon powder 267,000 (as in Safe Slim);
- ▶ Oregano dried 200,000;
- ▶ Tumeric powder 159,000;
- ▶ Cocoa powder 82,000;
- ▶ Chocolate baking dark 62,000;
- ▶ Curry powder 48,500;
- ▶ Ginger powder 28,800;
- ▶ Pepper black 27,600;
- ▶ Gogi berries 25,000;
- ▶ Chocolate bar dark 22,000;
- ▶ Nuts pecan 18,000;
- ▶ Nuts walnut 13,500;
- ▶ Nuts hazel 9600;
- ▶ Black currants 8000;
- ▶ Nuts pistachio 8000;
- ▶ Plums (red flesh) 7600;
- ▶ Lentils (raw) 7300;
- ▶ Blueberries 6600;
- ▶ Prunes 6600;
- ▶ Plums (green flesh) 6200;
- ▶ Soybeans raw 5800;
- ▶ Acai berries 5500 Blackberries 5300;
- ▶ Garlic 5300;

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