

USDA Database for the Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods, Release 2

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
	fashioned, uncooked	L-ORAC	306	1				B	36
		Total-ORAC	1708	1				B	36
		TP	163	1				B	36
99455	Cereals, oats, quick, uncooked	H-ORAC	1763	1				B	36
		L-ORAC	406	1				B	36
		Total-ORAC	2169	1				B	36
		TP	183	1				B	36
97097	Cereals, ready-to-eat, corn flakes	H-ORAC	2302	1				B	36
		L-ORAC	57	1				B	36
		Total-ORAC	2359	1				B	36
		TP	842	1				B	36
09 – Fruit and Fruit Juices									
99577	Acai, fruit pulp/skin, powder	H-ORAC	99700	1				C	25
		L-ORAC	3000	1				C	25
		Total-ORAC	102700	1				C	25
		TP	1390	1				C	25
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	H-ORAC	414	75	4	239	592	B	18, 26, 33
		Total-ORAC	414	75	4	239	592	B	18, 26, 33
		TP	38	9	3	38	38	C	26
99416	Apples, dried to 40% moisture (purchased in Italy)	H-ORAC	6681	4	390	6681	6681	C	2
		Total-ORAC	6681	4	390	6681	6681	C	2
		TP	324	4	15	324	324	C	2
97066	Apples, Fuji, raw, with skin	H-ORAC	2568	4	402	1661	3304	A	36
		L-ORAC	21	4	6	10	35	A	36
		Total-ORAC	2589	4	399	1682	3314	A	36
		TP	210	4	19	165	237	A	36
97067	Apples, Gala, raw, with skin	H-ORAC	2793	3	100	2639	2916	A	36
		L-ORAC	35	3	5	29	44	A	36
		Total-ORAC	2828	3	103	2670	2959	A	36
		TP	262	3	20	231	287	A	36
97069	Apples, Golden Delicious, raw, with skin	H-ORAC	2644	4	93	2486	2844	A	36
		L-ORAC	26	4	3	18	31	A	36
		Total-ORAC	2670	4	95	2504	2872	A	36
		TP	248	4	10	222	262	A	36
97068	Apples, Golden	H-ORAC	2204	2		1942	2467	B	36

* Reference numbers in italics denote data from unpublished sources.

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
	Delicious, raw, without skin	L-ORAC	5	2		4	7	B	36
		Total-ORAC	2210	2		1946	2473	B	36
		TP	217	2		210	224	B	36
97070	Apples, Granny Smith, raw, with skin	H-ORAC	3859	4	271	3588	4561	A	36
		L-ORAC	39	4	6	29	52	A	36
		Total-ORAC	3898	4	276	3619	4613	A	36
		TP	341	4	22	316	396	A	36
09003	Apples, raw, with skin	H-ORAC	3016	29	159	1139	4811	A	2, 11, 35, 36
		L-ORAC †	32	29	2	10	52	A	2, 11, 35, 36
		Total-ORAC	3049	29	159	1171	4852	A	2, 11, 35, 36
		TP	250	26	13	156	396	A	2, 35, 36
09004	Apples, raw, without skin	H-ORAC	2567	4	314	1942	3265	A	36
		L-ORAC	6	4	1	4	7	A	36
		Total-ORAC	2573	4	315	1946	3272	A	36
		TP	225	4	11	210	251	A	36
97071	Apples, Red Delicious, raw, without skin	H-ORAC	2929	2		2592	3265	B	36
		L-ORAC	7	2		7	7	B	36
		Total-ORAC	2936	2		2599	3272	B	36
		TP	232	2		214	251	B	36
97072	Apples, Red Delicious, raw, with skin	H-ORAC	4234	4	236	3884	4811	A	36
		L-ORAC	41	4	1	39	43	A	36
		Total-ORAC	4275	4	236	3927	4852	A	36
		TP	347	4	22	301	394	A	36
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	H-ORAC	1965	1				B	36
		Total-ORAC	1965	1				B	36
		TP	217	1				B	36
99417	Apricots, dried to 40% moisture (purchased in Italy)	H-ORAC	3234	4	170	3234	3234	C	2
		Total-ORAC	3234	4	170	3234	3234	C	2
		TP	248	4	10	248	248	C	2
09021	Apricots, raw	H-ORAC	1078	8	34	1027	1309	B	2, 11, 36
		L-ORAC †	32	8	0	32	32	B	2, 11, 36
		Total-ORAC	1110	8	34	1059	1341	B	2, 11, 36
		TP	79	5	14	65	133	B	2, 36
97080	Avocados, Hass, raw	H-ORAC	1371	11	95	681	1768	A	35, 36
		L-ORAC †	552	11	49	310	830	A	35, 36

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP $\text{mg GAE}/100\text{ g}$)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		Total-ORAC	1922	11	129	991	2433	A	35, 36
		TP	142	11	18	24	208	A	35, 36
99579	Banana, Nam-wa variety	H-ORAC	260	3	29	260	260	B	21
		Total-ORAC	260	3	29	260	260	B	21
		TP	14	3	0	14	14	B	21
09040	Bananas, raw	H-ORAC	730	10	33	565	924	A	11, 35, 36
		L-ORAC †	66	10	3	53	85	A	11, 35, 36
		Total-ORAC	795	10	32	631	976	A	11, 35, 36
		TP	155	7	35	55	295	A	35, 36
09042	Blackberries, raw	H-ORAC †	5802	13	244	4622	7507	A	5, 35, 36
		L-ORAC †	103	13	5	63	133	A	5, 35, 36
		Total-ORAC	5905	13	245	4686	7610	B	5, 35, 36
		TP	477	13	56	292	1011	B	5, 35, 36
09050	Blueberries, raw	H-ORAC †	4633	47	194	2710	9209	A	5, 32, 35, 36, 37
		L-ORAC †	36	47	1	15	67	A	5, 32, 35, 36, 37
		Total-ORAC	4669	47	194	2746	9245	A	5, 32, 35, 36, 37
		TP	311	46	17	129	685	B	5, 35, 36, 32
97085	Blueberries, wild, raw	H-ORAC	9621	3	624	9621	9621	C	35
		Total-ORAC	9621	3	624	9621	9621	C	35
		TP	429	3	6	429	429	C	35
09070	Cherries, sweet, raw	H-ORAC	3730	10	331	2026	5945	A	11, 35, 36
		L-ORAC †	17	10	2	7	32	A	11, 35, 36
		Total-ORAC	3747	10	331	2043	5962	A	11, 35, 36
		TP	259	7	34	151	388	A	35, 36
99012	Chokeberry, raw	H-ORAC	15820	1				C	37
		L-ORAC	242	1				C	37
		Total-ORAC	16062	1				C	37
		TP	2010	1				C	37
09078	Cranberries, raw	H-ORAC	8888	6	200	8394	9519	A	35, 36
		L-ORAC †	202	6	10	161	229	A	35, 36
		Total-ORAC	9090	6	199	8596	9679	A	35, 36
		TP	503	6	86	287	725	A	35, 36
43382	Cranberry juice, unsweetened	H-ORAC	1452	9	103	852	2014	B	26
		Total-ORAC	1452	9	103	852	2014	B	26
		TP	159	9	6	159	159	B	26
09083	Currants, european	H-ORAC	7880	6	975	4900	10060	B	37

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
	black, raw	L-ORAC	81	6	8	68	115	B	37
		Total-ORAC	7957	6	971	5010	10144	B	37
		TP	1202	6	94	840	1410	B	37
99044	Currants, red, raw	H-ORAC	3260	1				C	37
		L-ORAC	127	1				C	37
		Total-ORAC	3387	1				C	37
		TP	540	1				C	37
09087	Dates, deglet noor	H-ORAC	3863	7	131	3579	4514	A	36
		L-ORAC	32	7	6	16	59	A	36
		Total-ORAC	3895	7	130	3609	4536	A	36
		TP	661	7	45	436	797	A	36
09421	Dates, medjool	H-ORAC	2360	2		2044	2676	B	36
		L-ORAC	27	2		21	34	B	36
		Total-ORAC	2387	2		2065	2709	B	36
		TP	572	2		551	594	B	36
09088	Elderberries, raw	H-ORAC	14500	1				C	37
		L-ORAC	197	1				C	37
		Total-ORAC	14697	1				C	37
		TP	1950	1				C	37
09089	Figs, raw	H-ORAC	3200	7	207	2167	3667	A	36
		L-ORAC	183	7	15	114	213	A	36
		Total-ORAC	3383	7	201	2380	3868	A	36
		TP	960	7	45	781	1104	A	36
99583	Goji berry (wolfberry), raw	H-ORAC	3173	1				C	4
		L-ORAC	117	1				C	4
		Total-ORAC	3290	1				C	4
09107	Gooseberries, raw	H-ORAC	3302	6	362	2040	4130	B	37
		L-ORAC	30	6	6	15	45	B	37
		Total-ORAC	3332	6	358	2075	4145	B	37
		TP	517	6	47	340	630	B	37
09128	Grapefruit juice, white, raw	H-ORAC	1238	1				B	36
		Total-ORAC	1238	1				B	36
		TP	336	1				B	36
09111	Grapefruit, raw, pink and red and white, all	H-ORAC	1640	3	173	1640	1640	C	35
		Total-ORAC	1640	3	173	1640	1640	C	35

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
	areas	TP	71	3	1	71	71	C	35
09112	Grapefruit, raw, pink and red, all areas	H-ORAC	1512	8	127	1121	2030	A	36
		L-ORAC	35	8	4	19	53	A	36
		Total-ORAC	1548	8	125	1164	2066	A	36
		TP	214	8	13	167	268	A	36
99048	Grapes, black	H-ORAC	1746	3	55	1746	1746	C	11
		Total-ORAC	1746	3	55	1746	1746	C	11
97074	Grapes, red, raw	H-ORAC	1837	7	248	985	2605	A	35, 36
		Total-ORAC	1837	7	248	985	2605	A	35, 36
		TP	170	7	4	161	195	A	35, 36
99047	Grapes, white or green, raw	H-ORAC	1018	15	33	719	1303	A	11, 20, 36
		Total-ORAC	1018	15	33	719	1303	A	11, 20, 36
		TP	145	4	6	131	156	A	36
99428	Guava, red-fleshed	Total-ORAC	1990	3	106	1820	2100	C	28
		TP	247	3	48	170	301	C	28
99429	Guava, white-fleshed	Total-ORAC	2550	1				C	28
		TP	345	1				C	28
09139	Guavas, common, raw	H-ORAC	1422	9	64	1200	1840	B	21
		Total-ORAC	1422	9	64	1200	1840	B	21
		TP	136	9	2	128	148	B	21
99578	Juice, acai blends	H-ORAC	1767	9	58	1555	2145	B	26
		Total-ORAC	1767	9	58	1555	2145	B	26
99581	Juice, black raspberry	H-ORAC	10460	20	123	9130	11860	B	10
		Total-ORAC	10460	20	123	9130	11860	B	10
99580	Juice, black cherry	H-ORAC	2370	9	92	2070	2970	B	26
		Total-ORAC	2370	9	92	2070	2970	B	26
		TP	197	9	3	197	197	B	26
99430	Juice, Blueberry	H-ORAC	2359	16	83	1358	3063	B	18, 26, 33
		Total-ORAC	2359	16	83	1358	3063	B	18, 26, 33
		TP	215	9	12	215	215	B	26
99431	Juice, Concord grape	H-ORAC	2389	36	24	1873	2856	B	18, 26, 33
		Total-ORAC	2389	36	24	1873	2856	B	18, 26, 33
		TP	243	9	0	243	243	B	26
99432	Juice, cranberry, 100% - cranberry blend, red	H-ORAC	865	5	143	865	865	B	33
		Total-ORAC	865	5	143	865	865	B	33
99433	Juice, cranberry, white	H-ORAC	232	4	40	232	232	C	33

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NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		Total-ORAC	232	4	40	232	232	C	33
99434	Juice, Cranberry/Concord grape	H-ORAC	1480	5	30	1480	1480	B	18
		Total-ORAC	1480	5	30	1480	1480	B	18
99436	Juice, red grape	H-ORAC	1788	5	54	1788	1788	B	18
		Total-ORAC	1788	5	54	1788	1788	B	18
99437	Juice, strawberry	H-ORAC	1002	5	38	1002	1002	B	18
		Total-ORAC	1002	5	38	1002	1002	B	18
99050	Juice, white grape	H-ORAC	793	78	8	318	1161	B	18, 33
		Total-ORAC	793	78	8	318	1161	B	18, 33
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	H-ORAC	838	14	63	360	1263	A	11, 35, 36
		L-ORAC †	24	14	2	10	40	A	11, 35, 36
		Total-ORAC	862	14	63	384	1303	A	11, 35, 36
		TP	211	11	23	60	291	A	35, 36
97079	Kiwi, gold, raw	H-ORAC	1159	1				B	36
		L-ORAC	51	1				B	36
		Total-ORAC	1210	1				B	36
		TP	366	1				B	36
09152	Lemon juice, raw	H-ORAC	1225	1				B	36
		Total-ORAC	1225	1				B	36
		TP	175	1				B	36
09150	Lemons, raw, without peel	H-ORAC	1346	6	142	843	1848	C	11, 35
		Total-ORAC	1346	6	142	843	1848	C	11, 35
		TP	51	3	0	51	51	C	35
09160	Lime juice, raw	H-ORAC	823	4	24	823	823	B	36
		Total-ORAC	823	4	24	823	823	B	36
		TP	117	4	9	117	117	B	36
09159	Limes, raw	H-ORAC	82	4	2	80	86	A	36
		Total-ORAC	82	4	2	80	86	A	36
		TP	12	4	1	10	15	A	36
99584	Makiang, raw	H-ORAC	3695	6	1	3690	3700	B	21
		Total-ORAC	3695	6	1	3690	3700	B	21
		TP	269	6	0	269	270	B	21
99585	Maloud, raw	H-ORAC	2611	6	3	2600	2622	B	21
		Total-ORAC	2611	6	3	2600	2622	B	21
		TP	94	6	0	93	94	B	21

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NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
09176	Mangos, raw	H-ORAC	1300	10	115	740	2100	B	21, 35, 36
		Total-ORAC	1300	10	115	740	2100	B	21, 35, 36
		TP	101	10	19	63	266	B	21, 35, 36
99586	Mangosteen, raw	H-ORAC	2510	3	462	2510	2510	B	21
		Total-ORAC	2510	3	462	2510	2510	B	21
		TP	85	3	3	85	85	B	21
09181	Melons, cantaloupe, raw	H-ORAC	306	13	16	228	392	A	11, 35, 36
		L-ORAC †	13	13	1	5	23	A	11, 35, 36
		Total-ORAC	319	13	15	250	398	A	11, 35, 36
		TP	92	10	14	16	144	A	35, 36
09184	Melons, honeydew, raw	H-ORAC	242	11	25	111	370	A	35, 36
		L-ORAC †	11	11	1	5	20	A	35, 36
		Total-ORAC	253	11	25	119	381	A	35, 36
		TP	56	11	11	16	130	A	35, 36
09191	Nectarines, raw	H-ORAC	889	14	86	406	1586	A	11, 35, 36
		L-ORAC †	29	14	4	9	59	A	11, 35, 36
		Total-ORAC	919	14	87	460	1615	A	11, 35, 36
		TP	96	11	8	66	163	A	35, 36
99590	Noni fruit, raw	Total-ORAC	800	1				C	3
		TP	51	1				C	3
09207	Orange juice, canned, unsweetened	H-ORAC	703	9	27	580	875	B	26
		Total-ORAC	703	9	27	580	875	B	26
		TP	67	9	3	67	67	B	26
09206	Orange juice, raw	H-ORAC	726	53	6	695	1027	B	18, 33
		Total-ORAC	726	53	6	695	1027	B	18, 33
09200	Oranges, raw, all commercial varieties	H-ORAC	2103	6	222	1318	2887	C	11, 35
		Total-ORAC	2103	6	222	1318	2887	C	11, 35
		TP	57	3	0	57	57	C	35
09202	Oranges, raw, navels	H-ORAC	1785	8	143	1285	2393	A	36
		L-ORAC	34	8	6	17	61	A	36
		Total-ORAC	1819	8	144	1346	2445	A	36
		TP	337	8	15	258	380	A	36
09226	Papayas, raw	H-ORAC	300	3	29	300	300	B	21
		Total-ORAC	300	3	29	300	300	B	21
		TP	54	3	2	54	54	B	21
09370	Peaches, canned,	H-ORAC	436	2		397	476	B	36

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
	heavy syrup, drained	Total-ORAC	436	2		397	476	B	36
		TP	73	2		70	75	B	36
99418	Peaches, dried to 40% moisture (purchased in Italy)	H-ORAC	4222	4	230	4222	4222	C	2
		Total-ORAC	4222	4	230	4222	4222	C	2
		TP	283	4	10	283	283	C	2
09236	Peaches, raw	H-ORAC	1872	15	93	1139	2417	A	2, 35, 36
		L-ORAC †	50	15	1	43	60	A	2, 35, 36
		Total-ORAC	1922	15	93	1183	2472	A	2, 35, 36
		TP	133	15	9	73	209	A	2, 35, 36
97016	Pear juice, all varieties	H-ORAC	704	1				C	33
		Total-ORAC	704	1				C	33
99421	Pears, dried to 40% moisture (purchased in Italy)	H-ORAC	9496	4	420	9496	9496	C	2
		Total-ORAC	9496	4	420	9496	9496	C	2
		TP	679	4	25	679	679	C	2
97075	Pears, green cultivars, with peel, raw	H-ORAC	2145	14	102	1590	2941	A	2, 35, 36
		L-ORAC †	56	14	3	37	77	A	2, 35, 36
		Total-ORAC	2201	14	101	1643	2997	A	2, 35, 36
		TP	178	14	11	95	244	A	2, 35, 36
97076	Pears, red anjou, raw	H-ORAC	1711	4	196	1454	2208	A	36
		L-ORAC	35	4	2	31	38	A	36
		Total-ORAC	1746	4	195	1489	2243	A	36
		TP	214	4	19	172	250	A	36
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	H-ORAC	568	1				C	33
		Total-ORAC	568	1				C	33
09266	Pineapple, raw, all varieties	H-ORAC	373	1				B	36
		L-ORAC	12	1				B	36
		Total-ORAC	385	1				B	36
		TP	81	1				B	36
09430	Pineapple, raw, extra sweet variety	H-ORAC	916	10	50	564	1055	A	35, 36
		L-ORAC †	27	10	4	7	56	A	35, 36
		Total-ORAC	943	10	53	571	1082	A	35, 36
		TP	165	10	17	78	252	A	35, 36
09429	Pineapple, raw, traditional varieties	H-ORAC	520	2		421	619	B	36
		L-ORAC	42	2		32	51	B	36
		Total-ORAC	562	2		472	652	B	36

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		TP	122	2		122	123	B	36
97077	Plums, black diamond, with peel, raw	H-ORAC	7546	3	599	6568	8035	B	36
		L-ORAC	35	3	7	30	46	B	36
		Total-ORAC	7581	3	592	6614	8065	B	36
		TP	478	3	0	477	479	B	36
09291	Plums, dried (prunes), uncooked	H-ORAC	7880	12	431	5796	10432	A	2, 36
		L-ORAC †	179	12	13	114	258	A	2, 36
		Total-ORAC	8059	12	431	5931	10563	A	2, 36
		TP	938	12	89	424	1392	A	2, 36
09279	Plums, raw	H-ORAC	6083	11	525	3472	9233	A	35, 36
		L-ORAC †	17	11	3	7	31	A	35, 36
		Total-ORAC	6100	11	525	3486	9240	A	35, 36
		TP	332	11	32	232	573	A	35, 36
09442	Pomegranate juice, bottled	H-ORAC	2681	13	193	2341	4444	B	22, 26, 33
		Total-ORAC	2681	13	193	2341	4444	B	22, 26, 33
		TP	356	3	11	356	356	B	26
09286	Pomegranates, raw	H-ORAC	4479	3	218			C	35
		Total-ORAC	4479	3	218			C	35
		TP	338	3	8	338	338	C	35
09294	Prune juice, canned	H-ORAC	2036	6	94	1944	2496	B	18, 33
		Total-ORAC	2036	6	94	1944	2496	B	18, 33
09297	Raisins, golden seedless	H-ORAC	10450	8	308			B	20
		Total-ORAC	10450	8	308			B	20
09298	Raisins, seedless	H-ORAC	3371	16	118	2310	4038	A	20, 36
		L-ORAC †	35	16	2	16	52	A	20, 36
		Total-ORAC	3406	16	117	2362	4064	A	20, 36
		TP	1065	8	60	844	1312	A	36
99419	Raisins, white, dried to 40% moisture (purchased in Italy)	H-ORAC	4188	4	230			C	2
		Total-ORAC	4188	4	230			C	2
		TP	372	4	15			C	2
99411	Raspberries, black	H-ORAC	19220	5	416			B	10
		Total-ORAC	19220	5	416			B	10
09302	Raspberries, raw	H-ORAC	4927	9	209	3748	5792	A	35, 36
		L-ORAC †	138	9	18	51	207	A	35, 36
		Total-ORAC	5065	9	205	3955	5879	A	35, 36

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		TP	414	9	42	239	617	A	35, 36
99593	Rosehip	Total-ORAC	96150	6	3493	83800	108500	C	27
		TP	383	6	36	257	509	C	27
09316	Strawberries, raw	H-ORAC	4266	14	398	2118	8348	A	11, 35, 36
		L-ORAC †	36	14	5	8	69	A	11, 35, 36
		Total-ORAC	4302	14	398	2154	8384	A	11, 35, 36
		TP	332	11	25	235	476	A	35, 36
09218	Tangerines, (mandarin oranges), raw	H-ORAC	1620	4	199	1298	2092	A	36
		L-ORAC	7	4	1	6	9	A	36
		Total-ORAC	1627	4	200	1305	2100	A	36
		TP	192	4	19	143	213	A	36
09326	Watermelon, raw	H-ORAC	123	6	7	99	145	A	36
		L-ORAC	19	6	2	14	25	A	36
		Total-ORAC	142	6	9	112	166	A	36
		TP	59	6	6	39	74	A	36
11 – Vegetables and Vegetable Products									
11001	Alfalfa seeds, sprouted, raw	H-ORAC	1510	4	100			C	2
		Total-ORAC	1510	4	100			C	2
		TP	53	4	2			C	2
11007	Artichokes, (globe or french), raw	H-ORAC	6552	4	325			C	16
		Total-ORAC	6552	4	325			C	16
		TP	373	4	16			C	16
99362	Artichokes, Ocean Mist, boiled	H-ORAC	9221	1				B	36
		L-ORAC	195	1				B	36
		Total-ORAC	9416	1				B	36
		TP	703	1				B	36
99363	Artichokes, Ocean Mist, Microwaved	H-ORAC	9332	1				B	36
		L-ORAC	70	1				B	36
		Total-ORAC	9402	1				B	36
		TP	881	1				B	36
11959	Arugula (rocket), raw	H-ORAC	1904	12	99	1012	2373	C	2, 16
		Total-ORAC	1904	12	99	1012	2373	C	2, 16
		TP	125	12	6	69	154	C	2, 16
11012	Asparagus, cooked, boiled, drained	H-ORAC	1644	4	178	1250	1992	A	36
		Total-ORAC	1644	4	178	1250	1992	A	36

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		TP	159	4	9	141	177	A	36
11011	Asparagus, raw	H-ORAC	2150	8	281	1288	3336	A	16, 36
		L-ORAC †	102	8	5	81	123	A	16, 36
		Total-ORAC	2252	8	282	1390	3460	A	16, 36
		TP	106	8	12	72	156	A	16, 36
99587	Asparagus, white, raw	H-ORAC	296	3	39	296	296	C	11
		Total-ORAC	296	3	39	296	296	C	11
11033	Beans, lima, immature seeds, canned, regular pack, solids and liquids	H-ORAC	215	1				B	36
		L-ORAC	27	1				B	36
		Total-ORAC	243	1				B	36
		TP	96	1				B	36
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	H-ORAC	206	1				B	36
		L-ORAC	84	1				B	36
		Total-ORAC	290	1				B	36
		TP	61	1				B	36
11052	Beans, snap, green, raw	H-ORAC	745	55	11	213	769	B	11, 17, 36
		L-ORAC †	55	55	0	55	55	A	11, 17, 36
		Total-ORAC	799	55	11	267	824	B	11, 17, 36
		TP	92	1				B	36
11086	Beet greens, raw	H-ORAC	1946	8	157	1168	2724	C	2, 16
		Total-ORAC	1946	8	157	1168	2724	C	2, 16
		TP	55	8	1	50	60	C	2, 16
11080	Beets, raw	H-ORAC	1767	30	74	1428	3632	B	16, 17, 36
		L-ORAC †	9	30	0	9	9	A	16, 17, 36
		Total-ORAC	1776	30	74	1437	3641	B	16, 17, 36
		TP	188	5	14	174	244	B	16, 36
11097	Broccoli raab, cooked	H-ORAC	1526	5	118	1201	1722	A	36
		L-ORAC †	65	5	2	58	71	A	36
		Total-ORAC	1590	5	120	1259	1793	A	36
		TP	291	5	71	158	521	A	36
11096	Broccoli raab, raw	H-ORAC	2809	2		2202	3416	B	36
		L-ORAC	274	2		273	275	B	36
		Total-ORAC	3083	2		2477	3689	B	36
		TP	366	2		310	423	B	36
11091	Broccoli, boiled	H-ORAC	2128	10	310	841	3529	A	16, 23, 36
		L-ORAC †	32	10	1	26	41	A	16, 23, 36

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP $\text{mg GAE}/100\text{ g}$)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		Total-ORAC	2160	10	310	882	3561	A	16, 23, 36
		TP	213	10	43	124	567	A	16, 23, 36
11094	Broccoli, frozen, spears, unprepared	H-ORAC	496	4	45	496	496	C	2
		Total-ORAC	496	4	45	496	496	C	2
		TP	68	4	3	68	68	C	2
11090	Broccoli, raw	H-ORAC	1351	142	7	512	1700	A	11, 17, 23, 36
		L-ORAC †	159	142	1	53	205	A	11, 17, 23, 36
		Total-ORAC	1510	142	8	564	1844	A	11, 17, 23, 36
		TP	316	9	30	152	406	A	23, 36
99447	Cabbage, black, cooked	H-ORAC	1773	4	91	1773	1773	C	16
		Total-ORAC	1773	4	91	1773	1773	C	16
		TP	123	4	5	123	123	C	16
11110	Cabbage, boiled	H-ORAC	856	4	42	856	856	C	16
		Total-ORAC	856	4	42	856	856	C	16
		TP	59	4	3	59	59	C	16
11109	Cabbage, raw	H-ORAC	508	115	16	477	1756	A	17, 36
		L-ORAC †	21	115	0	15	28	A	17, 36
		Total-ORAC	529	115	16	498	1784	A	17, 36
		TP	202	4	17	171	242	A	36
11113	Cabbage, red, boiled	H-ORAC	3145	4	<i>346</i>	2362	3793	A	36
		Total-ORAC	3145	4	<i>346</i>	2362	3793	A	36
		TP	321	4	33	274	402	A	36
11112	Cabbage, red, raw	H-ORAC	2476	7	173	1948	3100	A	30, 36
		L-ORAC †	20	7	4	10	41	A	30, 36
		Total-ORAC	2496	7	176	1959	3120	A	30, 36
		TP	231	7	14	177	279	A	30, 36
11115	Cabbage, savoy, boiled	H-ORAC	2050	4	11			C	16
		Total-ORAC	2050	4	11			C	16
		TP	119	4	46			C	16
11960	Carrots, baby, raw	H-ORAC	355	7	60	202	662	A	36
		L-ORAC	81	7	9	45	104	A	36
		Total-ORAC	436	7	59	299	742	A	36
		TP	45	7	6	31	70	A	36
11125	Carrots, boiled	H-ORAC	310	8	23	263	442	A	2, 36
		L-ORAC †	18	8	2	11	29	A	2, 36
		Total-ORAC	326	8	24	281	471	A	2, 36

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP $\text{mg GAE}/100\text{ g}$)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		TP	88	8	23	20	193	A	2, 36
11124	Carrots, raw	H-ORAC	649	82	16	107	1405	B	2, 11, 16, 17, 36
		L-ORAC †	47	83	1	5	80	A	2, 11, 16, 17, 36
		Total-ORAC	697	82	16	154	1462	B	2, 11, 16, 17, 36
		TP	35	20	3	16	68	A	2, 16, 36
11935	Catsup	H-ORAC	535	1				B	36
		L-ORAC	43	1				B	36
		Total-ORAC	578	1				B	36
		TP	249	1				B	36
11136	Cauliflower, boiled	Total-ORAC	739	8	103	420	1190	B	2, 31
		TP	57	8	3	39	65	B	2, 31
11137	Cauliflower, frozen, unprepared	Total-ORAC	620	2		440	800	C	29
		TP	55	2		54	56	C	29
11967	Cauliflower, green, cooked	Total-ORAC	1387	3	397	920	2010	C	31
		TP	65	3	6	59	75	C	31
11965	Cauliflower, green, raw	Total-ORAC	136	5	228	777	2030	C	29, 31
		TP	70	4	3	65	74	C	29, 31
99589	Cauliflower, purple, cooked	Total-ORAC	2210	2		1470	2950	C	31
		TP	122	2		94	149	C	31
99588	Cauliflower, purple, raw	Total-ORAC	2084	2		1597	2570	C	29, 31
		TP	134	2		122	146	C	29, 31
11135	Cauliflower, raw	H-ORAC †	833	65	6	610	1113	B	16, 17, 29, 31, 36
		L-ORAC †	37	65				B	16, 17, 29, 31, 36
		Total-ORAC	870	65	6	647	1150	B	16, 17, 29, 31, 36
		TP	93	8	27	63	274	B	16, 29, 31, 36
11143	Celery, raw	H-ORAC	512	15	42	261	837	A	11, 16, 36
		L-ORAC †	40	15	1	29	49	A	11, 16, 36
		Total-ORAC	552	15	43	289	878	A	11, 16, 36
		TP	42	12	7	15	86	A	16, 36
11156	Chives, raw	H-ORAC	2094	4	98	2094	2094	C	16
		Total-ORAC	2094	4	98	2094	2094	C	16
		TP	85	4	4	85	85	C	16
11165	Coriander (cilantro) leaves, raw	H-ORAC	5141	4	266	5141	5141	C	16
		Total-ORAC	5141	4	266	5141	5141	C	16
		TP	151	4	7	151	151	C	16
11170	Corn, sweet, yellow,	H-ORAC	361	1				B	36

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
	canned, brine pack, regular pack, solids and liquids	L-ORAC	52	1				B	36
		Total-ORAC	413	1				B	36
		TP	169	1				B	36
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	H-ORAC	447	1				B	36
		L-ORAC	75	1				B	36
		Total-ORAC	522	1				B	36
		TP	174	1				B	36
11167	Corn, sweet, yellow, raw	H-ORAC	593	1				B	36
		L-ORAC	135	1				B	36
		Total-ORAC	728	1				B	36
		TP	211	1				B	36
11206	Cucumber, peeled, raw	H-ORAC	126	4	19	94	171	A	36
		L-ORAC	14	4	5	6	24	A	36
		Total-ORAC	140	4	23	102	195	A	36
		TP	22	4	2	18	25	A	36
11205	Cucumber, with peel, raw	H-ORAC	203	15	17	89	344	A	11, 16, 36
		L-ORAC †	28	15	0	24	31	A	11, 16, 36
		Total-ORAC	232	15	17	113	372	A	11, 16, 36
		TP	29	12	2	20	37	A	16, 36
11210	Eggplant, boiled	H-ORAC	245	4	13	245	245	C	2
		Total-ORAC	245	4	13	245	245	C	2
		TP	21	4	1	21	21	C	2
11209	Eggplant, raw	H-ORAC	932	17	116	344	2509	B	2, 16, 36
		Total-ORAC	932	17	116	344	2509	B	2, 16, 36
		TP	63	17	12	29	252	B	2, 16, 36
11957	Fennel, bulb, raw	H-ORAC	307	8	11	252	361	C	16
		Total-ORAC	307	8	11	252	361	C	16
		TP	26	8	1	21	31	C	16
11215	Garlic, raw	H-ORAC	5541	12	450	1370	8200	B	11, 16, 13
		L-ORAC	400	5	89	400	400	C	13
		Total-ORAC	5708	12	475	1370	8600	B	11, 16, 13
		TP	92	4	4			C	16
11216	Ginger root, raw	H-ORAC	14840	4	530			C	16
		Total-ORAC	14840	4	530			C	16
		TP	227	4	10			C	16
11246	Leeks, (bulb and lower	H-ORAC	569	7	22	490	675	B	11, 16

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP $\text{mg GAE}/100\text{ g}$)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
	leaf-portion), raw	Total-ORAC	569	7	22	490	675	B	11, 16
		TP	47	4	2			C	16
99112	Lemon balm, leaves, raw	H-ORAC	5997	4				C	16
		Total-ORAC	5997	4				C	16
		TP	490	4	20			C	16
11250	Lettuce, butterhead (includes boston and bibb types), raw	H-ORAC	1321	8	407	332	3633	A	36
		L-ORAC	103	8	20	46	211	A	36
		Total-ORAC	1423	8	426	382	3845	A	36
		TP	100	8	22	24	203	A	36
11251	Lettuce, cos or romaine, raw	H-ORAC	855	12	71	382	1244	A	16, 36
		L-ORAC †	162	12	14	87	282	A	16, 36
		Total-ORAC	1017	12	71	570	1428	A	16, 36
		TP	73	12	7	48	123	A	16, 36
11253	Lettuce, green leaf, raw	H-ORAC	1391	20	74	802	2127	A	16, 36
		L-ORAC †	141	20	4	111	183	A	16, 36
		Total-ORAC	1532	20	77	914	2268	A	16, 36
		TP	90	20	9	50	190	A	16, 36
11252	Lettuce, iceberg (includes crisphead types), raw	H-ORAC	406	7	120	87	758	A	36
		L-ORAC	33	7	4	20	50	A	36
		Total-ORAC	438	7	118	137	784	A	36
		TP	50	7	11	21	97	A	36
11257	Lettuce, red leaf, raw	H-ORAC	2287	12	229	1019	3323	A	16, 36
		L-ORAC †	138	12	5	98	168	A	16, 36
		Total-ORAC	2426	12	229	1161	3461	A	16, 36
		TP	111	12	8	74	175	A	16, 36
11987	Mushroom, oyster, raw	H-ORAC	596	3	26			C	7
		L-ORAC	68	3	0			C	7
		Total-ORAC	664	3	26			C	7
		TP	51	3	5			C	7
11266	Mushrooms, brown, Italian, or Crimini, raw	H-ORAC	900	3	50			C	7
		L-ORAC	51	3	3			C	7
		Total-ORAC	951	3	50			C	7
		TP	89	3	2			C	7
11993	Mushrooms, maitake, raw	H-ORAC	572	3	15			C	7
		L-ORAC	96	3	6			C	7
		Total-ORAC	669	3	15			C	7

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		TP	71	3	1			C	7
11265	Mushrooms, portabella, raw	H-ORAC	919	3	40			C	7
		L-ORAC	49	3	0			C	7
		Total-ORAC	968	3	40			C	7
		TP	75	3	2			C	7
11268	Mushrooms, shiitake, dried	H-ORAC	668	3	31			C	7
		L-ORAC	84	3	0			C	7
		Total-ORAC	752	3	31			C	7
		TP	52	3	2			C	7
11260	Mushrooms, white, raw	H-ORAC	640	3	8			C	7
		L-ORAC	51	3	0			C	7
		Total-ORAC	691	3	8			C	7
		TP	64	3	2			C	7
11282	Onions, raw	H-ORAC	900	7	97	739	1442	A	11, 36
		L-ORAC †	12	7	1	9	16	A	11, 36
		Total-ORAC	913	7	97	751	1457	A	11, 36
		TP	23	4	3	17	27	A	36
99055	Onions, red, raw	H-ORAC	1521	4	69			C	16
		Total-ORAC	1521	4	69			C	16
		TP	48	4	2	48	48	C	16
11294	Onions, sweet, raw	H-ORAC	594	8	28	491	695	A	36
		L-ORAC	21	8	3	5	33	A	36
		Total-ORAC	614	8	30	509	727	A	36
		TP	74	8	7	52	99	A	36
99056	Onions, white, raw	H-ORAC	863	37	15	342	926	B	16, 17
		Total-ORAC	863	37	15	342	926	B	16, 17
		TP	27	4	1	27	27	C	16
11286	Onions, yellow, sauteed	H-ORAC	1220	4	99	996	1394	A	36
		Total-ORAC	1220	4	99	996	1394	A	36
		TP	150	4	27	98	211	A	36
11297	Parsley, raw	H-ORAC	1301	4	66			C	16
		Total-ORAC	1301	4	66			C	16
		TP	77	4	3			C	16
11312	Peas, green, frozen, unprepared	H-ORAC	505	1				B	36
		L-ORAC	95	1				B	36
		Total-ORAC	600	1				B	36

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(H-ORAC, L-ORAC, Total ORAC μ mol TE/100 g and TP mg GAE/100 g)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		TP	187	1				B	36
11333	Peppers, sweet, green, raw	H-ORAC	921	61	13	384	1059	A	11, 16, 17, 36
		L-ORAC †	14	61	0	11	17	A	11, 16, 17, 36
		Total-ORAC	935	61	13	401	1072	A	11, 16, 17, 36
		TP	160	8	36	50	312	A	16, 36
11339	Peppers, sweet, green, sauteed	H-ORAC	615	4	95	419	755	A	36
		Total-ORAC	615	4	95	419	755	A	36
		TP	437	4	63	328	570	A	36
99451	Peppers, sweet, orange, raw	H-ORAC	908	1				B	36
		L-ORAC	76	1				B	36
		Total-ORAC	984	1				B	36
		TP	543	1				B	36
11821	Peppers, sweet, red, raw	H-ORAC	797	29	11	748	1094	A	11, 16, 17, 36
		L-ORAC †	24	29	1	12	35	A	11, 16, 17, 36
		Total-ORAC	821	29	12	760	1129	A	11, 16, 17, 36
		TP	255	8	57	86	532	A	16, 36
11921	Peppers, sweet, red, sauteed	H-ORAC	847	4	103	700	1106	A	36
		Total-ORAC	847	4	103	700	1106	A	36
		TP	564	4	21	533	599	A	36
99440	Peppers, sweet, yellow, grilled	H-ORAC	694	4	41			C	2
		Total-ORAC	694	4	41			C	2
		TP	164	4	5			C	2
11951	Peppers, sweet, yellow, raw	H-ORAC	974	8	7	950	1011	B	11, 16, 36
		L-ORAC †	69	8				B	11, 16, 36
		Total-ORAC	1043	8	7	1019	1080	B	11, 16, 36
		TP	216	5	90	128	566	B	16, 36
11358	Potatoes, red, flesh and skin, baked	H-ORAC	1304	8	68	1160	1666	A	36
		L-ORAC	22	8	3	12	35	A	36
		Total-ORAC	1326	8	70	1182	1701	A	36
		TP	179	8	22	110	260	A	36
11355	Potatoes, red, flesh and skin, raw	H-ORAC	1060	4	78	948	1255	A	36
		L-ORAC	38	4	1	37	40	A	36
		Total-ORAC	1098	4	77	987	1292	A	36
		TP	138	4	17	118	181	A	36
11356	Potatoes, Russet, flesh and skin, baked	H-ORAC	1652	8	126	1280	2417	A	36
		L-ORAC	28	8	4	16	42	A	36

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† The displayed summary statistics were computed using data containing imputed values.

(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP $\text{mg GAE}/100\text{ g}$)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
		Total-ORAC	1680	8	127	1317	2453	A	36
		TP	176	8	6	159	208	A	36
11353	Potatoes, russet, flesh and skin, raw	H-ORAC	1272	4	132	1015	1541	A	36
		L-ORAC	51	4	8	31	62	A	36
		Total-ORAC	1322	4	138	1046	1603	A	36
		TP	122	4	13	91	146	A	36
11357	Potatoes, white, flesh and skin, baked	H-ORAC	1098	7	111	789	1552	A	36
		L-ORAC	40	7	11	12	77	A	36
		Total-ORAC	1138	7	104	866	1576	A	36
		TP	136	7	24	41	223	A	36
11354	Potatoes, white, flesh and skin, raw	H-ORAC	1010	3	150	779	1195	A	36
		L-ORAC	49	3	9	35	60	A	36
		Total-ORAC	1058	3	158	814	1255	A	36
		TP	163	3	12	145	178	A	36
11422	Pumpkin, raw	H-ORAC	414	1				B	36
		L-ORAC	69	1				B	36
		Total-ORAC	483	1				B	36
		TP	157	1				B	36
11676	Radish seeds, sprouted, raw	H-ORAC	2184	4				C	2
		Total-ORAC	2184	4				C	2
		TP	100	4				C	2
11429	Radishes, raw	H-ORAC	1724	15	206	706	3602	A	16, 36
		L-ORAC †	26	15	2	11	45	A	16, 36
		Total-ORAC	1750	15	206	742	3628	A	16, 36
		TP	79	15	8	34	162	A	16, 36
11452	Soybeans, mature seeds, sprouted, raw	H-ORAC	962	4	45			C	2
		Total-ORAC	962	4	45			C	2
		TP	47	4	1			C	2
11463	Spinach, frozen, chopped or leaf, unprepared	H-ORAC	1687	4	65			C	2
		Total-ORAC	1687	4	65			C	2
		TP	91	4	4			C	2
11457	Spinach, raw	H-ORAC	1513	144	12	1307	2732	B	11, 16, 17, 19, 36
		Total-ORAC	1513	144	12	1307	2732	B	11, 16, 17, 19, 36
		TP	205	53	2	101	256	B	16, 19, 36
11477	Squash, summer, zucchini, includes skin,	H-ORAC	180	4	8			C	16
		Total-ORAC	180	4	8			C	16

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(H-ORAC, L-ORAC, Total ORAC $\mu\text{mol TE}/100\text{ g}$ and TP $\text{mg GAE}/100\text{ g}$)

NDB No.	Description	Parameter	Mean	N	SEM	Min	Max	QC	Reference No. *
	raw	TP	26	4	2			C	16
11485	Squash, winter, butternut, raw	H-ORAC	396	4	21			C	16
		Total-ORAC	396	4	21			C	16
		TP	26	4	1			C	16
11508	Sweet potato, baked in skin	H-ORAC	2085	4	213	1535	2322	A	36
		L-ORAC	30	4	5	18	37	A	36
		Total-ORAC	2115	4	218	1552	2357	A	36
		TP	233	4	15	200	254	A	36
11510	Sweet potato, cooked, boiled, without skin	H-ORAC	729	4	118	488	967	A	36
		L-ORAC	37	4	18	14	82	A	36
		Total-ORAC	766	4	129	524	1049	A	36
		TP	120	4	16	95	156	A	36
11507	Sweet potato, raw	H-ORAC	858	4	66	756	1020	A	36
		L-ORAC	44	4	7	30	57	A	36
		Total-ORAC	902	4	72	786	1077	A	36
		TP	74	4	16	45	103	A	36
11540	Tomato juice, canned	H-ORAC	486	2		343	630	B	33, 36
		Total-ORAC	486	2		343	630	B	33, 36
		TP	323	1				B	36
11549	Tomato products, canned, sauce	H-ORAC	652	1				B	36
		L-ORAC	42	1				B	36
		Total-ORAC	694	1				B	36
		TP	177	1				B	36
99051	Tomatoes, plum, raw	H-ORAC	546	8	31	395	697	C	16
		Total-ORAC	546	8	31	395	697	C	16
		TP	36	8	0	35	36	C	16
11530	Tomatoes, red, ripe, cooked	H-ORAC	389	8	33	262	520	A	36
		L-ORAC †	34	8	1	27	41	A	36
		Total-ORAC	423	8	32	296	547	A	36
		TP	94	8	6	67	110	A	36
11529	Tomatoes, red, ripe, raw, year round average	H-ORAC	364	179	1	216	457	A	11, 17, 36
		L-ORAC †	23	179	0	15	31	A	11, 17, 36
		Total-ORAC	387	179	1	239	475	A	11, 17, 36
		TP	80	7	5	70	99	A	36
11578	Vegetable juice cocktail, canned	H-ORAC	548	1				B	36
		Total-ORAC	548	1				B	36

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