

**Estimates of Antioxidant Capacity for Selected Foods
(micromole TE per household measure and grams)**

<u>Measurement</u>	<u>Item Description</u>	<u>Per Gram ORAC Measurement</u>
1 oz, 28 g	Alarma Citrus Pectin Pomace, navel, dried	115
1 sm, 149 g	Apple, Red Delicious, w/skin	43
1 oz, 28 g	Bananas, raw	9
1/2 c, 87 g	Plums, dried	66
1 oz, 28 g	Grapes, red, raw	13
1/2 med, 60g	Artichokes, Ocean Mist, boiled	94
1 oz, 28 g	Mangos, raw	10
1/2 c, 74 g	Blueberries, fresh	66
1 oz, 28 g	Oranges, navels, raw	18
1/2 c, 83 g	Strawberries, sliced	36
1 med, 114 g	Sweet potato, baked	21

Note: All items noted above were reported on the USDA web site with the exception of the Alarma Citrus Pectin Pomace product.

*Source: All items except Alarma Citrus Pectin Pomace Calculated from Oxygen Radical Absorbance Capacity of Selected Foods, 2007
USDA-Agricultural Research Service
(www.ars.usda.gov/nutrientdata/ORAC)
Alarma Citrus Pectin Pomace test results from:
Covance Laboratories, Inc., Madison, WI, Sample No. 80402654 dated 4/9/2008*