

ORAC Points Portable Guide

Fruit/ Serving/ ORAC Value

Blueberries 1 c 9,700
Cranberries (raw) 1 c 9,600
Red Delicious apple 1 7,800
Blackberries 1 c 7,700
Granny Smith apple 1 7,100
Raspberries 1 c 6,000
Strawberries 1 c 5,400
Gala apple 1 5,200
Pear 1 5,200
Fuji apple 1 4,700
Plum 1 4,100
Cherries 3/4 c 3,500
Guava, red-fleshed 1 c 3,300
Orange 1 3,000
Figs 2 2,700
Peach 1 2,700
Applesauce 1/2 c 2,400
Guava, white-fleshed 1/2 c 2,100
Grapefruit, pink or red 1/2 1,900
Pineapple, extra sweet variety 1 c 1,500
Tangerine 1 1,400
Apricot 3 1,200
Peach, dried (no sugar added) 1/4 c 1,200
Red grapes 1 c 1,200
Nectarine 1 1,100
Banana 1 1,000
White or green grapes 1 c 1,000
Pineapple 1 c 900
Mango 1/2 c 800
Kiwi 1 700
Papaya 1 c 500
Cantaloupe 1 c 500
Honeydew 1 c 400
Watermelon 1 c 200

Dried Fruit/ Serving/ ORAC Value

Cranberries, dried 2 Tbsp 2,100
Prunes 3 1,900
Currants 2 Tbsp 1,100
Raisins 2 Tbsp 600



Starch/ Serving/ ORAC Value

Cereal

Oat bran flakes 3/4 c 800
Popcorn, air-popped 5 c 700
Instant oatmeal 1 packet 600
Wheat germ 3 Tbsp —
Other high-fiber cereal 1/2–3/4 c —

Bread/Crackers

Pumpernickel bread 1 slice 500
Oat nut bread 1 slice 400
Whole grain/seven-grain bread 1 slice 400
Other breads 1 slice —
High-fiber crackers 3–5 crackers —

Starchy Vegetable

Sweet potato with skin 1 medium 2,400
Red potato with skin 1 small 1,800
White potato with skin 1/2 medium 1,600
Russet potato with skin 1/2 medium 1,500
Corn 3/4 c 700
Butternut squash 1 c 600
Pumpkin 1 c 600
Peas 3/4 c 400

Legume

Black beans 1/2 c 7,800
Kidney beans 1/2 c 7,800
Lentils 1/2 c 7,500
Pinto beans 1/2 c 7,000
Black-eyed peas 1/2 c 3,600
Chickpeas 1/2 c 800
Split peas 1/2 c 500
Other legumes 1/2 c —

Other

Brown rice 1/3 c —
Bulgur 1/3 c —
Kamut 1/3 c —
Millet 1/3 c —
Quinoa 1/3 c —
Whole wheat pasta 1/3 c —
Wild rice 1/3 c —

Milk/Yogurt/Other /Serving/ORAC Value

Low-fat (1 percent) chocolate milk 1/2 c 1,600
Fat-free Greek yogurt (plain) 3/4 c —
Low-fat (1 percent) or fat-free cottage cheese 1/2 c —
Soy milk (plain) 1 c —



Skim milk 1 c 0
Other milk (almond, rice, hemp) 1 c 0

Vegetable/ Serving/ORAC Value

Artichoke hearts 1/2 c 7,900
Broccoli rabe 1 bunch 6,800
Red cabbage (cooked) 1/2 c 2,400
Radish (raw) 1 c 2,000
Broccoli (cooked) 1/2 c 1,900
Kale (raw) 1 c 1,770
Onion (raw) 1 c 1,600
Red cabbage (raw) 1 c 1,600
Asparagus (cooked) 1/2 c 1,500
Green bell peppers (raw) 1 c 1,400
Salsa 1/2 c 1,300
Spinach (cooked) 1/2 c 1,300
Broccoli (raw) 1 c 1,200
Red bell peppers (raw) 1 c 1,200
Brussels sprouts (cooked) 1/2 c 980
Carrots (raw) 1 c 900
Tomato sauce 1/2 c 900
Beet greens (shredded) 1 c 800
Boston/Bibb lettuce 1 c 800
Cauliflower (raw) 1 c 800
Eggplant (raw) 1 c 800
Green beans (raw) 1 c 800
Red onions 1/2 c 800
Alfalfa sprouts 1 c 700
Red leaf lettuce (shredded) 1 c 700
Vegetable juice 4 oz 700
Cabbage (cooked) 1/2 c 600
Tomato juice 1/2 c 600
Yellow onions (cooked) 1/2 c 550
Celery 1 c 500
Green leaf lettuce (shredded) 1 c 500
Onion, sweet 1/4 500
Red tomatoes (cooked) 1/2 cup 500
Romaine lettuce (shredded) 1 c 500
Spinach (raw) 1 c 500
Yellow bell peppers (raw) 10 strips 500
Cauliflower (cooked) 1/2 c 400
Leeks (raw) 1 c 400
Plum tomato (raw) 1 300
Iceberg lettuce (shredded) 1 c 300
Carrots (cooked) 1/2 c 200



Cucumber with peel (sliced) 1 c 200
Eggplant (cooked) 1/2 c 200
Fennel, bulb (raw) 1 c 200
Zucchini (raw) 1 c 100
Other veggies 1/2 c cooked or 1 c raw —

Lean Protein/Serving/ORAC Value

Poultry

Chicken breast 3–4 oz —
Cornish hen 3–4 oz —
Turkey breast 3–4 oz —
Turkey bacon 3–4 oz —
Turkey burger 3–4 oz —
Turkey jerky 3–4 oz —
Chicken/turkey meatballs 3–4 oz —
Chicken hot dog 3–4 oz —
Chicken sausage 3–4 oz —
Turkey hot dog 3–4 oz —

Seafood

Cod 3–4 oz —
Flounder 3–4 oz —
Clams 3–4 oz —
Halibut 3–4 oz —
King crab 3–4 oz —
Lobster 3–4 oz —
Mahimahi 3–4 oz —
Mussels 3–4 oz —
Red snapper 3–4 oz —
Salmon (wild) 3–4 oz —
Scallops 3–4 oz —
Shrimp 3–4 oz —
Sardines 3–4 oz —
Sole 3–4 oz —
Swordfish 3–4 oz —
Trout 3–4 oz —
Tuna 3–4 oz —
Tuna (canned chunk light in water) 3–4 oz —
Tuna (canned chunk light in olive oil) 3–4 oz —
Tuna 3–4 oz —
Tuna jerky 3–4 oz —
Salmon jerky 3–4 oz —

Meat

Ground beef, 95% lean 3–4 oz —
Beef tenderloin 3–4 oz —
Lamb loin 3–4 oz —



Roast beef (deli slices) 3–4 oz —

Game

Ostrich 3–4 oz —

Venison 3–4 oz —

Bison 3–4 oz —

Pork

Ham, extra lean 3–4 oz —

Pork, center loin chop 3–4 oz —

Pork cutlet 3–4 oz —

Pork tenderloin 3–4 oz —

Vegetarian Options

Black beans (or black bean soup) 1 c 15,600

Kidney beans 1 c 15,600

Pinto beans 1 c 15,000

Lentils 1 c 14,000

Black-eyed peas 1 c 7,300

Edamame (soybeans) 3/4 c 5,400

Chickpeas 1 c 1,700

Split peas 1 c 1,000

Hummus 4 Tbsp 400

Egg whites (Egg Beaters) 4–6 egg whites —

Firm tofu 4 oz —

Tempeh 4 oz —

Veggie burger 1 patty —

Cottage cheese (low fat or fat free) 3/4 c —

Reduced-fat feta cheese 2 oz —

Part-skim fresh mozzarella cheese 2 oz —

Parmesan cheese 3 Tbsp —

Fat/Serving/ORAC Value

Pecans 8 halves 2,500

Walnuts 7 halves 1,900

Hazelnuts 8 1,000

Pistachios 18 1,000

Avocado 1/4 700

Guacamole 2 Tbsp 700

Almonds 10 500

Almond butter 2 tsp 500

Peanuts 15 500

Peanut butter 2 tsp 500

Cashews 8 200

Olive oil, extra virgin 2 tsp 100

Brazil nuts 2 100

Pine nuts 1 Tbsp 100

Macadamia nuts 3 100



Oil-based salad dressing 1 Tbsp —
Other oils (walnut, grapeseed, canola, sunflower, flax) 2 tsp —
Flaxseed 2 Tbsp —
Pumpkin seeds 1 Tbsp —
Coconut (shredded) 1/4 c —
Cottage cheese (low fat or fat free) 1/4 c —
Reduced-fat feta cheese 1 oz —
Part-skim fresh mozzarella cheese 1 oz —
Parmesan cheese 1 Tbsp —
One whole egg — —

Beverage/Serving/ORAC Value

Wine (Incorporate alcohol as a conscious indulgence.)

Sangria (See recipe on page 98.) 4 oz 11,900
Cabernet 5 oz 7,400
Red 5 oz 5,700
Rosé 5 oz 1,500
White 5 oz 600

Tea (Drink up—no calories here!)

Green tea 1 c 3,000
Black tea 1 c 2,700
Other herbal teas 1 c —

Juice (to be consumed in lieu of whole fruit)

Blueberry juice 1/2 c 3,600
Pomegranate juice 1/2 c 2,900
Concord grape juice 1/2 c 2,900
Prune juice 1/2 c 2,600
Red grape juice 1/2 c 2,300
Cranberry–Concord grape juice 1/2 c 1,800
White grapefruit juice 1/2 c 1,500
Cranberry juice 1/2 c 1,100
White grape juice 1/2 c 1,000
Orange juice 1/2 c 900
Pineapple juice 1/2 c 700
Apple juice 1/2 c 500
White cranberry juice 1/2 c 300

“Free” Beverage (Calories minimal—add freely to water, seltzer, or tea.)

Lemon juice 1 oz 400
Lime juice 1 oz 300

Herb/Spice/Serving/ORAC Value

Cinnamon, ground 1 tsp 7,000
Cloves, ground 1 tsp 6,600
Oregano, dried 1 tsp 3,600
Turmeric, ground 1 tsp 3,500
Cumin seed 1 tsp 1,600



Curry powder 1 tsp 1,000
Mustard seed, yellow 1 tsp 1,000
Chili powder 1 tsp 600
Pepper, black 1 tsp 600
Basil, dried 1 tsp 500
Ginger, ground 1 tsp 500
Sage, fresh 2 tsp 500
Oregano, fresh 2 tsp 400
Paprika 1 tsp 400
Parsley, dried 1 tsp 400
Peppermint, fresh 2 Tbsp 400
Rosemary, dried 1 tsp 400
Tarragon, fresh 2 tsp 310
Gingerroot, raw 1 tsp 300
Coriander (cilantro) leaves, raw 1/4 c 200
Garlic powder or raw 1 tsp 200
Thyme, fresh 1 tsp 200
Basil, fresh (chopped) 1 Tbsp 100
Cardamom 1 tsp 100
Onion powder 1 tsp 100
Parsley, raw 1 Tbsp 100
Dill weed, fresh 5 sprigs 100
Chives, raw (chopped) 1 tsp 100
Poppy seed 1 tsp 100

Condiment/Serving/ORAC Value

Salsa 1/2 c 1,300
Apple vinegar 1 Tbsp 100
Ketchup 1 Tbsp 100
Red wine vinegar 1 Tbsp 100
Indulgence Serving ORAC Value
Baking chocolate, unsweetened, squares 1 square 14,500
Dark chocolate 1 oz 5,900
Semisweet chocolate 1 oz 5,100
Chocolate syrup 2 Tbsp 2,500
Milk chocolate 1 oz 2,200
Cocoa powder 1 Tbsp 100

