

ORAC Scores of Selected FRUITS and VEGETABLES
 compared to tart cherries, $\mu\text{mol/TE}$ per 100 grams (3.5 ounces)

Fruits		Vegetables	
Tart cherry juice concentrate	12,800	Sweet potato, baked in skin	2,115
Dried tart cherries	6,800	Kale	1,770
Blueberries	6,552	Beets, raw	1,767
Prunes	6,552	Spinach, raw	1,515
Plums	6,259	Alfalfa sprouts	1,510
Blackberries	5,347	Broccoli, raw	1,362
Raspberries	4,882	Potatoes, red, baked	1,326
Strawberries	3,577	Onion, raw	1,034
Raisins	3,037	Brussels sprouts	980
Frozen tart cherries	2,033	Red bell pepper	791
Oranges, navel	1,819	Tomatoes, plum, raw	546
Tart cherries, canned in water	1,700	Pumpkin, raw	483
Grapefruit, pink	1,548	Corn, canned	413
Red grapes	1,260	Eggplant, cooked	245
Kiwi, gold	1,210	Cucumber, raw	214

Sources: ORAC of Selected Foods - 2007, Nutrient Data Laboratory, US Department of Agriculture; Cherry Nutrition Report of the Cherry Marketing Institute.