



The Orchid Tea Room
561-213-3990
www.TheOrchidTeaRoom.com

top antioxidant foodsⁱ
orac units per gram (umoleTE/g)

fruits	
cranberries	95
wild blueberries	93
black plums	74
blackberries	54
raspberries	50
strawberries	36
apples	43
cherries	19

superfoods	
wolfberries	303
gojiberries	253
dark chocolate	227
pomegranate	105
acaiberries	60
wheatgrass	49

vegetables	
small red beans	150
artichokes	95
blackeye peas	44
broccoli	31
red cabbage	32
asparagus	31
beets	28
spinach	27

traditional matcha green tea	1384
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i. USDA Agricultural Research Service: <http://www.ars.usda.gov/is/np/fnr/fnr499.htm>

ii. Lipophilic and Hydrophilic Antioxidant Capacities of Common Foods in the United States, Journal of Agricultural Food Chemistry 2004, 52, 4026-4037