

Antioxidant Levels of Berries

ORAC (Oxygen, Radical, Absorbance, Capacity) is the standard test, adopted by the US Dept. of Agriculture, to measure the potency of antioxidants in food per amount of 100 grams. Daily requirement is 5,000 units. In the following table you will find the fruits with the most powerful anti-oxidant levels.

	Haskap berry	Chokeberry	Elderberry	Wild blueberries	Cranberry	Blackberries	Raspberries	High bush blueberries	Strawberries	Gooseberries
ORAC value/ 100 gr	21.647	16.062	14.697	9.621	9.090	5.905	5.065	4.669	4.302	3.277

