

 EnergeticHealthInstitute.com - Antioxidant Rankings Top 80 & Notables

Top 1-40			Top 41-80			Top Notables		
Rank	ORAC Ranking	Capacity/100g serving	Rank	ORAC Ranking	Capacity/100g serving	Rank	ORAC Ranking	Capacity/100g serving
1	Sumac Bran	312400	41	Black Beans	8040	Herbs		
2	Cloves	290283	42	Pistachios	7983	1	Cloves	290283
3	Amla Berries	261500	43	Currants	7960	2	Amla Berries	261500
4	Sorghum Bran	240000	44	Blackberries	7701	3	Oregano	175295
5	Oregano	175295	45	Plums	7581	4	Rosemary	165280
6	Rosemary	165280	46	Lentils	7282	5	Peppermint	160820
7	Peppermint	160820	47	Dried Agave	7274	6	Turmeric	159227
8	Turmeric	159227	48	Dried Apples	6681	7	Thyme	157380
9	Thyme	157380	49	Garlic Powder	6665	8	Chaga	146700
10	Chaga	146700	50	Raspberries	6058	9	Cinnamon	131420
11	Cinnamon	131420	51	Lemon Balm	5997	10	Vanilla	122400
12	Vanilla	122400	52	Soy Beans	5764	11	Sage	119929
13	Sage	119929	53	Garlic	5346	12	Acai	102700
14	Acai	102700	54	Red Wine	5034	Bonus	Rose Hips	96150
15	Rose Hips	96150	55	Unpeeled Russet Potatos	4882	Grains		
16	Black Sorghum Bran	71000	56	Sweet Cherries	4873	Higest	Sumac Bran	312400
17	Basil	61063	57	Basil	4805		Sorghum Bran	240000
18	Camu Camu Berry	52000	58	Almonds	4454		Black Sorghum Bran	71000
19	Ginger, Spice	28811	59	Red Delicious Apples	4275		Rice Bran	24287
20	Black Pepper	27618	60	Raisins	4188	Common	Oats	2169
21	Thyme	27426	61	Granny Smith Apples	3898		Wheat	1303
22	Rice Bran	24287	62	Dates	3895		Sweet Corn	728
23	Chili Powder	23636	63	Walnuts	3846	Nuts		
24	Black Sorghum Grain	21900	64	Strawberries	3577	1	Pecans	17940
25	Dark Chocolate	20823	65	Dried Apricots	3234	2	Walnuts	13541
26	Pecans	17940	66	Peanuts	3166	3	Hazelnuts	9645
27	Paprika	17919	67	Broccoli	3083	4	Pistachios	7675
28	Chokeberry	16062	68	Raw Pears	2941	5	Almonds	4454
29	Tarragon	15542	69	Gala Apples	2828	Beans & Legumes		
30	Ginger, Raw	14840	70	Cardamom	2764	1	Small Red Beans	13727
31	Elderberry	14697	71	Fuji Apples	2589	2	Red Kidney Beans	13259
32	Small Red Beans	13727	72	Guava	2550	3	Pinto Beans	11864
33	Wild Blueberries	13427	73	Oats	2308	Produce		
34	Red Kidney Beans	13259	74	Raw Asparagus	2150	1	Wild Blueberries	13427
35	Pinto Beans	11864	75	Avocados	1933	2	Cranberries	9584
36	Hazelnuts	9645	76	Oranges	1819	3	Steamed Artichokes	9416
37	Cranberries	9584	77	Baked Potatoes	1680	4	Blackberries	7701
38	Dried Pears	9496	78	Spinach	1515	5	Plums	7581
39	Steamed Artichokes	9416	79	Sprouted Alfalfa Seeds	1510	6	Raspberries	6058
40	Cultivated Blueberries	9019	80	Green Leaf Lettuce	1447	7	Sweet Cherries	4873