

# SPICES AND HERBS

## A SURPRISING SOURCE OF ANTIOXIDANTS

### ANTIOXIDANT COMPARISONS OF SPICES AND OTHER FOODS

	SERVING SIZE	ORAC (µmol TE/serving)
CINNAMON, GROUND	1 tsp	6956
CLOVES, GROUND	1 tsp	6603
POMEGRANATE JUICE	8 oz	5853
BLUEBERRIES	½ cup	4848
CRANBERRIES	½ cup	4792
OREGANO, DRIED	1 tsp	3602
MILK CHOCOLATE*	1 bar	3595
TURMERIC, GROUND	1 tsp	3504
CINNAMON, GROUND	½ tsp	3478
CLOVES, GROUND	½ tsp	3302
RASPBERRIES	½ cup	3002
STRAWBERRIES	½ cup chopped	2969
SWEET CHERRIES	½ cup	2322
OREGANO, DRIED	½ tsp	1801
TURMERIC, GROUND	½ tsp	1752
CUMIN SEED	1 tsp	1613
ASPARAGUS	½ cup chopped	1441
ALMONDS	1 oz	1263
RED CABBAGE	½ cup chopped	1002
CURRY POWDER	1 tsp	970
RED GRAPES	½ cup	951
CUMIN SEED	½ tsp	806
KIWIFRUIT	1 medium	670
GREEN PEPPER	½ cup chopped	688
BROCCOLI	½ cup chopped	620
CHILI POWDER	1 tsp	615
SWEET RED PEPPER	½ cup chopped	589
BLACK PEPPER	1 tsp	580
GINGER, GROUND	1 tsp	519
CURRY POWDER	½ tsp	485
SPINACH	1 cup	455
THYME**	1 tsp	407
CARROTS	1 medium	406
EGGPLANT	½ cup chopped	383
PAPRIKA	1 tsp	376
ROSEMARY**	1 tsp	364
CHILI POWDER	½ tsp	307
BLACK PEPPER	½ tsp	290
GINGER, GROUND	½ tsp	259
TOMATOES	½ cup chopped	330
CANTALOUPE*	½ cup chopped	250
THYME**	½ tsp	204
PAPRIKA	½ tsp	188
GARLIC POWDER	1 tsp	187
ROSEMARY**	½ tsp	182
WATERMELON	½ cup cubed	108
GARLIC POWDER	½ tsp	93

SOURCE: Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods – 2007. Nutrient Data Laboratory USDA, November 2007. [www.ars.usda.gov/nutrientdata/ORAC](http://www.ars.usda.gov/nutrientdata/ORAC).

\* Wu X, Beecher GR, Holden JM, Haytowitz DB, Gebhardt SE, Prior RL. Lipophilic and hydrophilic antioxidant capacities of common foods in the United States. *Journal of Agriculture and Food Chemistry*. 2004;52:4026-4037.

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