

# ORAC

( Oxygen Radical Absorbance Capacity)

<b>McB</b>			790	
Blueberry		62		Japan Food Research Laboratories investigation No.10044233001-03 Date: June 10, 2010
Raspberry		48		<p>ORAC (Oxygen Radical Absorbance Capacity) is the analyzed and digitized value that is based on total antioxidant (ex. Catechin, Flavonoid, Carotinoid) ability in foods.</p> <p>In United States, ORAC is labeled with many of the foods in the market.</p> <p>1 percent of oxygen transforms into reactive oxygen species when human breathe, and it is necessary for protecting the human body from bacteria etc. However, because of stress, ultraviolet, smoking, alcohol and other problems, it exceeds tolerance of man's body. Then it oxidizes cell membranes and DNAs, and causes some risks for disease like cancer, life-related disease or extra aging.</p>
Strawberry		35		
Apple		25		
Orange		18		
Grape		12		
Kiwi		9		<p>Actually our body has the system for reducing this reactive oxygen species ourselves, but many of the situation causes lack of anti-oxidative potency. So, like that situation, we have to get antioxidants from foods. For example, some fruits are popular with it. First is berry, like blueberry, raspberry and strawberry. Or some vegetables like kale (green juice), spinach and broccoli. These foods are well known that have high ORAC relatively, and they are called "the 7th nutrient".</p> <p>Japanese people are pointed out of shortage eating these vegetables/ fruits. Now let's maintain good health with ingesting high ORAC foods.</p>
Banana		8		
Kale (Green Soup)		45		
Spinach		26		
Broccoli		15		
Carrot		12		<p><b>Typical diseases caused by reactive oxygen species:</b></p> <p>Extra aging/ Cancer/ Cataract/ Diabetes/ Arthritis/ Emphysema/ Fatty liver/ Hay fever/ Stroke/ Myocardial infarction/ Arteriosclerosis/ Autoimmune disease/ Tumor colitis/ Ischemic heart disease/ Childhood asthma/ Gastric mucosal injury/ Acute pancreatitis/ Alzheimer's syndrome/ Atopic dermatitis/ The depression/ Menopause/ Hepaden tuberosis/ Gout/ Rheumatism/ Osteoporosis</p> <p><b>ORAC</b>(Oxygen Radical Absorbance Capacity) was developed by some researchers at USDA and NION. Strength of antioxidant is represented by converting into amount of Trolox. ORAC Unit : <math>\mu</math> molTE (Trolox Equivalent)/ g</p>
Onion		10		
Celery		6		
Greenpepper		5		
Pumpkin		4		