

















# Oxygen Radical Absorbance Capacity Chart with the Super Crew

Which food?	How Much?	ORAC ( $\mu\text{mol TE}/100\text{g}$ )
 	100g	2103
 	100g	1058
 	100g	3406
 	100g	795
 	100g	870
 	100g	475
 	100g	2589
 	100g	4669