Antioxidants in Fruits and Vegetables: Top-scoring ORAC units (Oxygen Radical Absorbance Capacity) per 100 grams (about 3 ½ oz.)

Fruits:				***Vegetables:***			
Prunes – 5570	Plums – 949			Kale – 11,770	Broccoli – 1890		
Raisins – 2830	Oranges -750			Spinach – 11,260	Beets – 1840		
Blueberries – 2400	Red grapes – 739			Brussels sprouts – 1980	Red bell pepper – 1710		
Blackberries – 2036	Cherries – 670			Alfalfa sprouts – 1930	Onion – 1450		
Strawberries – 1540	Kiwi fruit – 602				Corn – 1400		
Raspberries – 1220	Grapefruit, pink – 483				Eggplant – 1390		

Pesticides in Conventional (Non-Organic) Produce: 100 = Highest Pesticide Load, 1 = Lowest

Peaches	100	Lettuce	59	Tangerine	38	Cabbage	17
Apples	89	Potatoes	58	Mushrooms	37	Bananas	16
Sweet bell peppers	86	Carrots	57	Cantaloupe	34	Kiwi	14
Celery	85	Green Beans	53	Honeydew Melon	31	Sweet peas (frozen)	11
Nectarines	84	Hot Peppers	53	Tomatoes	30	Asparagus	11
Strawberries	82	Cucumbers	52	Sweet Potatoes	30	Mango	9
Cherries	75	Raspberries	47	Watermelon	28	Pineapples	7
Pears	65	Plums	45	Winter Squash	27	Sweet corn (frozen)	2
Grapes (imported)	65	Grapes (domestic)	43	Cauliflower	27	Avocado	1
Spinach	60	Oranges	42	Blueberries	24	Onions	1
		Grapefruit	40	Papaya	21		
				Broccoli	18		

"YES" Fish – not overfished or farmed destructively; low mercury = L

Abalone (farmed) L
Anchovies L
Artic Char (farmed) L
Calamari L
Catfish, channel (farmed) L
Caviar (US or French farmed) L
Clams, Littleneck, Manila, soft shell, steamers (farmed) L
Crab, snow (Canada) L
Crab, stone (FL) L
Crawfish (US farmed) L
Croaker (Atlantic) L
Cuttlefish L
Herring L
Hoki L
Lobster, spiny (US, Baja west coast) L
Mullet, striped L
Mussel, New Zealand, Mediterranean (NZ, US farmed) L
Oysters, American, European, Olympia, Pacific (farmed) L
Prawn, spot (BC, wild caught) L
*** Salmon (wild Alaskan) L**
Sardines L
Shrimp, pink (OR, wild caught) L
Striped bass (farmed) L
Sturgeon (farmed) L
Tilapia (US) L

***** Order from: Vital Choice, 800-608-4825 – tested free of mercury and other toxins

Removing Pesticide Residue from Fruits and Vegetables

These are two non-toxic, inexpensive disinfecting procedures which can be used to clean fruits and veggies and to sanitize counters and preparation surfaces.

A. (From Susan Sumner, food scientist at Virginia Polytechnic Institute and State University.)
1. Put vinegar (white or cider) and hydrogen peroxide (3% from the drugstore) into ***individual*** dark-colored spray bottles.
2. Spray your produce or work area thoroughly first with vinegar, and then with hydrogen peroxide.
3. Then rinse the produce under running water or wipe the surface with a clean, wet sponge.

B. 1. Fill your kitchen sink with cold water.
2. Add four tablespoons of salt and the juice of half a fresh lemon.
3. Soak fruits and vegetables 5-10 minutes (leafy greens 1-3 minutes; berries 1-2 minutes).
4. Rinse well after soaking and use.