



Fighting Old Age with Vegetables

Stay young by reducing your blood level of free oxygen radicals with fruits and vegetables. Science has proven that raising the antioxidant level in our bloodstream will prevent cellular damage and cancer. A recent USDA study published in *Agricultural Research*, January 1999, revealed benefits observed in test rats fed fruit and vegetable diets high in antioxidants as the following:

Dietary antioxidants spinach, strawberries and blueberries have proven to:

- ◆ Raise the antioxidant level in the rat's blood.
- ◆ Prevent some loss of long-term memory and learning ability in middle-aged rats.
- ◆ Maintain the ability of brain cells in middle-age rats to respond readily to a chemical stimulus.
- ◆ Protect the rat's tiny blood vessels – capillaries – against oxygen damage.

The study concluded that the dietary intake of vegetables and fruits with a high ORAC value, (short for Oxygen Radical Absorbance Capacity), will slow the aging process of the body and brain; while, protecting against cardiovascular disease, cancer and neurological disorders such as Alzheimer's and Parkinson's disease. A daily intake of 3,000 to 5,000 ORAC units has a significant impact on blood plasma and tissue antioxidant capacity. Here is the researcher's list of top antioxidant foods, with the corresponding ORAC values as units/100grams. (100 grams equals 3.5 ounces).

FRUIT	ORAC Units	VEGETABLES	ORAC Units
Prunes	5,770	Kale	1,770
Raisins	2,830	Spinach	1,260
Blueberries	2,400	Brussels Sprouts	980
Blackberries	2,036	Alfalfa Sprouts	930
Strawberries	1,540	Broccoli Florets	890
Raspberries	1,220	Beets	840
Plums	949	Red Bell Pepper	710
Oranges	750	Onion	450
Red Grapes	739	Corn	400
Cherries	670	Eggplant	390

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