

ORAC (oxygen radical absorbance capacity) of frozen or infused/dried (I/D) blueberries in 1999.

<ul style="list-style-type: none"> • <u>Commercial Samples</u> – Green Frozen 4.7 – Red Frozen 10.8 – Ripe Frozen 21.7 – Infused/Dried 82.1 	<ul style="list-style-type: none"> • <u>Laboratory Samples</u> – Rubel I/D 94.2 – L. Giant I/D 94.2 – Elliott I/D 86.4 – Tifblue I/D 78.0 – Nelson I/D 58.5 – Jersey I/D 54.2 – Bluecrop I/D 54.0
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 listed Prunes and Raisins as
 the top antioxidant foods.
 ORAC levels reported were:

– Prunes	57.7
– Raisins	28.3

Fig.12. ORAC levels in frozen green, red, ripe and I/D (infused/dried) commercial samples compared with laboratory I/D samples of 7 cultivars. Cultivars prepared by Jeff Tucker, MBG Marketing and Cherry Central, Traverse City, MI. ORAC by Brunswick Biomedical Laboratory, Wareham, MA.

INFUSED / DRIED SAMPLES, Cherry Central, Traverse City, MI

<u>Cultivar</u>	<u>ORAC</u>	<u>Phen.</u>	<u>Antho.</u>	<u>Brix</u>	<u>Acid</u>	<u>% Recov.</u>
Rubel	94.2	13.4	3.7	12.1	0.51	31.8
L. Giant	94.2	14.1	5.6	9.2	0.70	27.6
Elliott	86.4	12.6	4.4	10.1	1.46	27.9
Tifblue	78.0	12.4	4.0	14.1	0.38	37.9
Nelson	58.5	8.6	2.7	11.0	0.66	23.8
Jersey	54.2	7.9	2.4	11.1	0.51	26.5
Bluecrop	54.0	8.1	1.7	9.8	0.56	22.8

Fig. 13. Phenolics, anthocyanins, brix, acid and % recovery for laboratory samples in Fig. 12.