



The **PTI BUZZ**
Carol Kur, MSRD

Anti Aging Foods- A great way to turn back the hands of time!!!!

Oxygen Radical Absorbance Capacity (ORAC), developed by USDA is a measure of antioxidant content of foods. The following foods are super foods as they contain up to 20 times the antioxidant content of other foods.

- Food / ORAC #**
- Prunes: 5770**
- Raisins: 2830**
- Blueberries: 2400**
- Blackberries: 2036**
- Kale: 1770**
- Strawberries: 1540**
- Spinach: 1260**
- Raspberries: 1220**

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Row a boat in the park and burn 100 calories in 25 minutes!!!



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