

# Example: Typical Day



# Antioxidant Eating Plan

	Grams	Calories	Estimated ORAC Value (umol TE/100 g)	Estimated ORAC Value (umol TE/serving)	Antioxidants
<b>BREAKFAST</b>					
1 bowl of Grain Berry® Toasted Oats	30	120	7300	2190	Tocopherols; phytic acid; avenanthramides; flavones (isovitexin, triclin, vitexin); flavanones (homoeriodictyol); flavonols (kaempferol, quercetin); sterols
1 cup of low-fat milk (1%)	244	102	n/a	n/a	
1/2 cup of blueberries	72	40	6552	4717	Anthocyanins (cyanidin, delphinidin, malvidin, peonidin, petunidin); flavan-3-ols (catechin, epicatechin); proanthocyanins
1 slice of toasted whole grain bread containing 10% tannin sorghum bran	25	69	1421	355	Proanthocyanins; phenolic acids
1 tbs of peanut butter	16	96	3432	549	Tocopherols
1 cup of orange juice w/pulp	248	110	726	1800	Vitamin C; flavanones (hesperitin, naringenin)
<b>LUNCH</b>					
1 cup of black bean soup	250	120	8040	6200	Anthocyanins
1 serving of Grain Berry® Crackers	30	120	4100	1230	Proanthocyanins, phenolic acids
1 cup of green salad	56	10	1447	810	Flavonols (quercetin)
2 tbs Silver Palate Salad Dressing	30	130	n/a	n/a	Tocopherols
1 cup of zero-calorie beverage	240	0	n/a	n/a	
1 Red Delicious apple w/skin	150	80	4275	6413	Anthocyanins (cyanidin), flavan-3-ols (epicatechin, catechin); flavonols (quercetin)
<b>DINNER</b>					
4-oz salmon grilled with Silver Palate Lemon Basil grilling sauce***	113	279	n/a	n/a	Flavonols (quercetin); tocopherols; flavonones (eriodictyol, hesperitin, naringenin); organosulfur compounds; phenolics (tyrosols, eugenol); monoterpenes (linolool)
1/2 cup steamed asparagus	90	20	1644	1480	Flavonols (quercetin, rutin)
1/2 cup of steamed carrots	78	27	317	247	Carotenoids (beta-carotene)
1 cup of baby spinach	56	12	1515	848	Carotenoids (lutein); flavonols (kaempferol, quercetin)
1 plum tomato	62	11	546	339	Carotenoids (lycopene)
2 tbs of Silver Palate Salad Dressing	30	130	n/a	n/a	Tocopherols
1 slice of whole grain bread containing 10% tannin sorghum bran	28	69	1421	398	Proanthocyanins, phenolic acids
2 tbs margarine spread	28	118	n/a	n/a	
1/2 cup of wild rice	82	83	n/a	n/a	Phytic acid; anthocyanins; flavones (apigenin); flavan-3-ols (catechin, epicatechin); proanthocyanins
1 cup of zero-calorie beverage	240	0	n/a	n/a	
<b>SNACKS</b>					
1 cup of low-fat fruited yogurt	241	170	n/a	n/a	
1 cup of green tea	240	2	1253	3007	Flavan-3-ols (epicatechin, epicatechin 3-gallate, epigallocatechin, epigallocatechin 3-gallate, catechin)
<b>Total Calories</b>		<b>1918</b>			
<b>Total ORAC</b>				<b>30584</b>	

\*\*\*Salmon is a rich source of omega-3 fatty acids