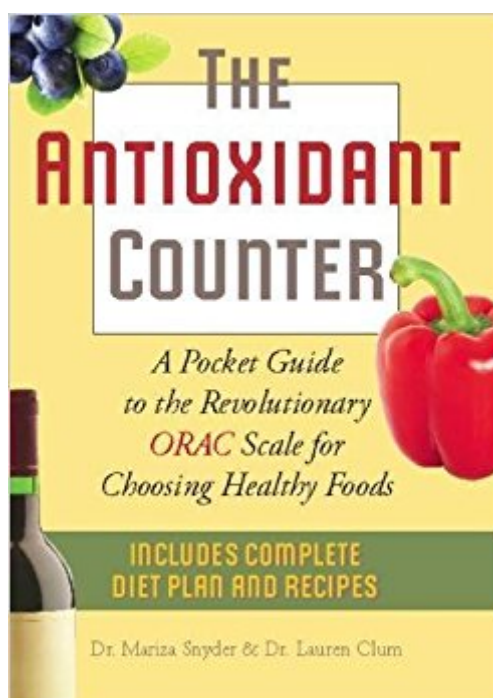


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# The Antioxidant Counter: A Pocket Guide To The Revolutionary ORAC Scale For Choosing Healthy Foods



## Synopsis

**SUPERCHARGE YOUR DIET WITH ANTIOXIDANT-PACKED FOODS** Based on the groundbreaking ORAC (Oxygen Radical Absorbance Capacity) scale, this handy guide presents easy-to-understand antioxidant scores for hundreds of foods. It's specially designed to show which nutrition-loaded foods offer the greatest healing power and how to include more of them in your diet. Clear, Easy-to-Read Charts Delicious, Antioxidant-Rich Recipes Explanation of ORAC Scores Check the book's charts for yourself and see how an apple gives you five times the antioxidants of a banana! Or how topping pasta with broccoli and bell peppers instead of zucchini and tomato offers an amazing ten-fold increase.

## Book Information

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Best Sellers Rank: #206,447 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #336 in Books > Reference > Encyclopedias & Subject Guides > Cooking #415 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference

## Customer Reviews

Dr. Mariza Snyder and Dr. Lauren Clum run The Specific Chiropractic Center in Oakland, California, where they focus on helping people to realize their own healing capacity. The two both graduated from Life Chiropractic College West in Hayward, CA and began practicing together in 2009. They both live in San Leandro, CA.

i would give this book 10 stars if i could! amazing info who knew there was so much antioxidant activity in an apple, dried red beans, or a piece of dried fruit? i am single so using up fresh fruits and veggies without going to the store everyday was a real chore. using dried fruit in my smoothie

(thinking dried peach, mango, guava) can provide a real antioxidant boost and help cut down on chronic inflammation. The recipes in the back of the book are an added bonus. The tables are easy to read to find info quickly.

The Antioxidant Counter is a resource guide, not a fad diet book which so commonly clutter the shelves of bookstores today. The chapters are a light read, primarily for people who need quick suggestions on good food choices. This is not a book for heavy nutritional education, nor was it designed to be. Nutrition can be a confusing subject matter and finding two people to agree is a rarity in the industry. People can use this book to make better eating choices where it is most important, at the grocery store where they buy their food. I enjoy it and have already used the guide a few times to reference some food choices while shopping.

Excellent book. Short, but quite complete. Easy to use. Maybe, like me, you have been advised to take in more antioxidants. But trying to figure out the best sources is not all that easy. This pocket book makes it easy.

This book is a must for anyone trying to clean up their diet and their act. Though the guide itself is helpful beyond measure, I found a special love for the recipe section. The green smoothie recipe will change the way you eat forever! This basic jumping off point has led to some new magical creations in my kitchen, and is bound to add a healthy jump start to anyone's bland or bad habit infested eating regimen.

This is a fantastic book on what fruits and vegetables will benefit you most in terms of antioxidants. The ORAC values are available for free from the USDA website, but it's not as easy to read or carry with you as this little book.

Just what I was looking for.

This book was recommended to me by one of my really good friends. I was reluctant at first since I have bought my share of "nutrition" books. When I got the book I was happy to see that it was the perfect size to carry around and utilize when shopping at the supermarket, or farmers market. It gives extensive lists of great, yummy, antioxidant-rich foods, and has fantastic recipes that complement the super foods, and antioxidant foods found in the book. The book is very practical and

easy to use, which is why I like it. I needed something that was easy to understand and wasn't trying to sell me some crazy gimmick, like the Atkins diet. My favorite recipes are the green smoothie recipe and the arugula salad. Both recipes are great and help me to get mass quantities of fruits and veggies into my diet. I would recommend this book to anyone, especially people who don't have a lot of time to research good whole foods for their diet. This book lays it all out for you!

Researching a new product called Flavon i found this book invaluable. i had heard of Antioxidants and Flavonoids before, this book explained a lot. [flavonmax.com](http://flavonmax.com) M-408500

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