

Juicing Up?

Why drinking acai and other fruit drinks isn't the best way to get your antioxidants

September 1, 2009 By Kat Noel

You can't watch TV or check your e-mail without seeing at least one ad for acai or other "super juices." These drinks claim to be packed with antioxidants that can promote weight loss, reverse diabetes, halt Alzheimer's disease and cure cancer.

While antioxidants may indeed protect cells from the damage caused by unstable molecules known as free radicals, no scientific evidence supports the claims of these attention-grabbing juice manufacturers.

Instead of believing the hype, *RH* suggests you add the foods in the chart to your diet. These nourishing staples top the U.S. Department of Agriculture's (USDA) list of foods with the most antioxidants.

| Food Item | Serving Size | TAC Units* |
|-------------------------|----------------|------------|
| Small red bean (dried) | Half cup | 13,727 |
| Wild blueberry | 1 cup | 13,259 |
| Red kidney bean (dried) | Half cup | 11,864 |
| Pinto bean | Half cup | 9,019 |
| Blueberry (cultivated) | 1 cup | 8,983 |
| Cranberry | 1 cup (whole) | 7,904 |
| Artichoke (cooked) | 1 cup (hearts) | 7,701 |
| Blackberry | 1 cup | 7,291 |
| Prune | Half cup | 7,291 |
| Raspberry | 1 cup | 6,058 |

*TAC=Total Antioxidant Capacity measured per 100 grams of a food

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<http://beta.docker.realhealthmag.com/article/antioxidents-acai-juice-17187-6199>