



# **The Oracle Diet: How Oxygen Radical Absorption Capacity Food Can Help You Look Younger, Feel Healthier, Combat the Aging Process, and F**

*Michael Van Straten*

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ORAC stands for "oxygen radical absorption capacity," and foods high on the ORAC scale contain antioxidants that minimize the damage caused by free radicals, linked to certain cancers and cardiovascular disease. According to the USDA's Agricultural Research Service, "Eating plenty of high-ORAC fruits and vegetables - such as spinach and blueberries - may help slow the processes associated with aging in both body and brain." Based on the latest scientific research, Smart Food, Long Life presents ORAC rankings of a wide variety of foods, information on making the right dietary choices, and 150 tasty recipes using high-ORAC ingredients, including Spanish Omelette, Traditional Salade Nicoise, Carrot and Coconut Soup, Mussel Chowder, Baked Stuffed Trout, and Fruit with Chocolate Fondue.

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