

# THE ORAC DIET

## ADD YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS

The ORAC Diet is a delicious way of eating, a natural path to health and vitality

It is simple: every one of you can slow down and may even reverse many of the body's natural ageing processes, and you'll not only feel better and look better, but you'll gain enormous protection against the scourges of modern degenerative diseases. All you have to do is eat more foods rich in dark blue colour pigments, the antioxidants that have a high ORAC rating.

### ORAC Oxygen Radical Absorption Capacity

The US Department Of Agriculture Human Nutrition Research Center on Ageing (HNRCA) at Tufts University in Boston, Massachusetts has been studying the antioxidant properties of whole foods. They set out to measure the total antioxidant power of individual foods. They established the Oxygen Radical Absorption Capacity – the ORAC score – a measure of each food's ability to neutralize free radicals and protect the body from ageing and degenerative disease.

According to the researchers, we should be aiming for at least 3,000 and, for a maximum protection, 5000 ORAC units every single day.

### BIO-GRAPE Life from the Grape

Australian Harvest Fine Foods have released a range of delicious high ORAC functional foods made with added BIO-GRAPE the dark blue colour pigment extracted from the skin and seeds of red wine grapes which is a powerful antioxidant.

The Australian Harvest range of BIO-GRAPE high ORAC foods have been tested in Massachusetts by America's foremost technicians specializing in antioxidant research.

BIO-GRAPE Red Wine JUS was given a very high ORAC rating of 6,127 per 100ml which is higher than the best food source. It is delicious used to make a salad dressing with an Australian Harvest Organic Olive Oil or can be used as a health tonic.

A range of delicious BIO-GRAPE pastes to serve with cheeses, Red Wine JUS to use as the base for a salad dressing, Red Wine Chilli Sauce which is great as a steak or barbecue sauce and Red Wine JUS Mustard are available from all good food outlets.



**BIO-GRAPE**  
LIFE FROM THE GRAPE



Australian Harvest Fine Foods Pty Ltd Est 1993  
9-10, 4 The North Gateway Plaza Coldstream 3770 • THE YARRA VALLEY  
Tel 0011 613 97390203 Fax 0011 613 97390208  
Email [australian-harvest@bigpond.com](mailto:australian-harvest@bigpond.com) Web [www.australianharvest.com.au](http://www.australianharvest.com.au)

