



American
Macular
Degeneration
Foundation

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Lutein & Zeaxanthin Concentration in Fruits & Vegetables				
NDB	FOOD	LUTEIN & ZEAXANTHIN		SERVING SIZE
		PER 100g	PER SERVING	
11233	Kale , raw	39,550 mcg	22,148 mcg	1 cup
11234	Kale , cooked, boiled, drained, without salt	15,798 mcg	16,903.86 mcg	1/2 cup
11569	Turnip Greens , cooked, boiled, drained, without salt	8,440 mcg	9,030.8 mcg	1/2 cup
11162	Collards , cooked, boiled, drained, without salt	8,091 mcg	8,657.37 mcg	1/2 cup
11461	Spinach , cooked, boiled, drained, without salt	7,043 mcg	7,536.01 mcg	1/2 cup
11457	Spinach , raw	11,938 mcg	6,685.28 mcg	1 cup
11091	Broccoli , cooked, boiled, drained, without salt	2,226 mcg	1,736.28 mcg	1/2 cup
11168	Corn , sweet, yellow, cooked, boiled, drained, without salt	1,800 mcg	1,476 mcg	1/2 cup
11251	Lettuce , cos or romaine, raw	2,635 mcg	1,475.6 mcg	1 cup
11308	Peas , green, canned, regular pack, drained solids	1,350 mcg	1,147.5 mcg	1/2 cup
11099	Brussels Sprouts , cooked, boiled, drained, without salt	1,290 mcg	1006.2 mcg	1/2 cup
11172	Corn , sweet, yellow, canned, whole kernel, drained solids	884 mcg	724.88 mcg	1/2 cup
11053	Beans , snap, green, cooked, boiled, drained, without salt	700 mcg	385 mcg	1/2 cup
09221	Tangerine juice , fresh	166 mcg	307.43 mcg	3/4 cup
09215	Orange juice , frozen concentrate, unsweetened, diluted	138 mcg	257.23 mcg	3/4 cup
09200	Oranges , fresh, all commercial varieties,	187 mcg	244.97 mcg	1 medium
09226	Papayas , fresh	75 mcg	228 mcg	1 medium
09218	Tangerines (mandarin oranges), fresh	243 mcg	204.12 mcg	1 medium
11252	Lettuce , iceberg (includes crisphead types), raw	352 mcg	197.12 mcg	1 cup
11279	Okra , cooked, boiled, drained, without salt	390 mcg	195 mcg	1/2 cup
11144	Celery , cooked, boiled, drained, without salt	250 mcg	187.5 mcg	1/2 cup
11578	Vegetable juice cocktail , canned	80 mcg	145.2 mcg	3/4 cup
11143	Celery , raw	232 mcg	139.2 mcg	1/2 cup
11886	Tomato juice , canned, without salt	60 mcg	109.8 mcg	3/4 cup
09206	Orange juice , fresh	36 mcg	67.1 mcg	3/4 cup

09236	Peaches , fresh	57 mcg	49.59 mcg	1 medium
11531	Tomatoes , red, ripe, canned, whole, regular pack	40 mcg	48 mcg	1/2 cup
11960	Carrots , baby, raw	358 mcg	35.8 mcg	1 medium
09181	Melons , cantaloupe, fresh	40 mcg	32 mcg	1 wedge
09112	Grapefruit , fresh, pink and red	13 mcg	18.98 mcg	1 medium

NDB = Nutritional Data Base

mcg = micrograms

1000 micrograms = 1 milligram