

ZEAXANTHIN CONCENTRATION IN FRUITS & VEGETABLES				
NDB	FOOD	ZEAXANTHIN		SERVING
		PER 100 g	PER SERVING	SIZE
11172	Corn , drained Sweet, yellow, canned, whole kernel	528 mcg	432.96 mcg	1/2 cup
11457	Spinach , raw	331 mcg	185.36 mcg	1 cup
11162	Collards , drained Cooked, boiled, without salt	266 mcg	170.24 mcg	1/2 cup
11458	Spinach , drained Cooked, boiled, without salt	179 mcg	161.1 mcg	1/2 cup
09215	Orange juice from frozen concentrate Unsweetened, diluted	80 mcg	149.12 mcg	3/4 cup
11251	Lettuce cos or romaine	187 mcg	104.72 mcg	1 cup
09200	Oranges raw, all commercial varieties	74 mcg	96.94 mcg	1 medium
09218	Tangerines (mandarin oranges), raw	112 mcg	94.08 mcg	1 medium
11308	Peas , drained green, canned, regular pack	58 mcg	49.3 mcg	1/2 cup
11252	Lettuce iceberg, includes crisp head types, raw	70 mcg	39.2 mcg	1 cup
11056	Beans , drained snap, green, canned, regular pack	44 mcg	29.92 mcg	1/2 cup
11091	Broccoli , drained cooked, boiled, without salt	23 mcg	17.94 mcg	1/2 cup
11144	Celery , drained cooked, boiled, without salt	8 mcg	6 mcg	1/2 cup
09236	Peaches , raw	6 mcg	5.22 mcg	1 medium
11960	Carrots , baby, raw	23 mcg	2.3 mcg	1 medium
11143	Celery , raw	3 mcg	1.8 mcg	1/2 cup

NDB= Nutritional Data Base mcg=micrograms 1000 micrograms=1 milligram