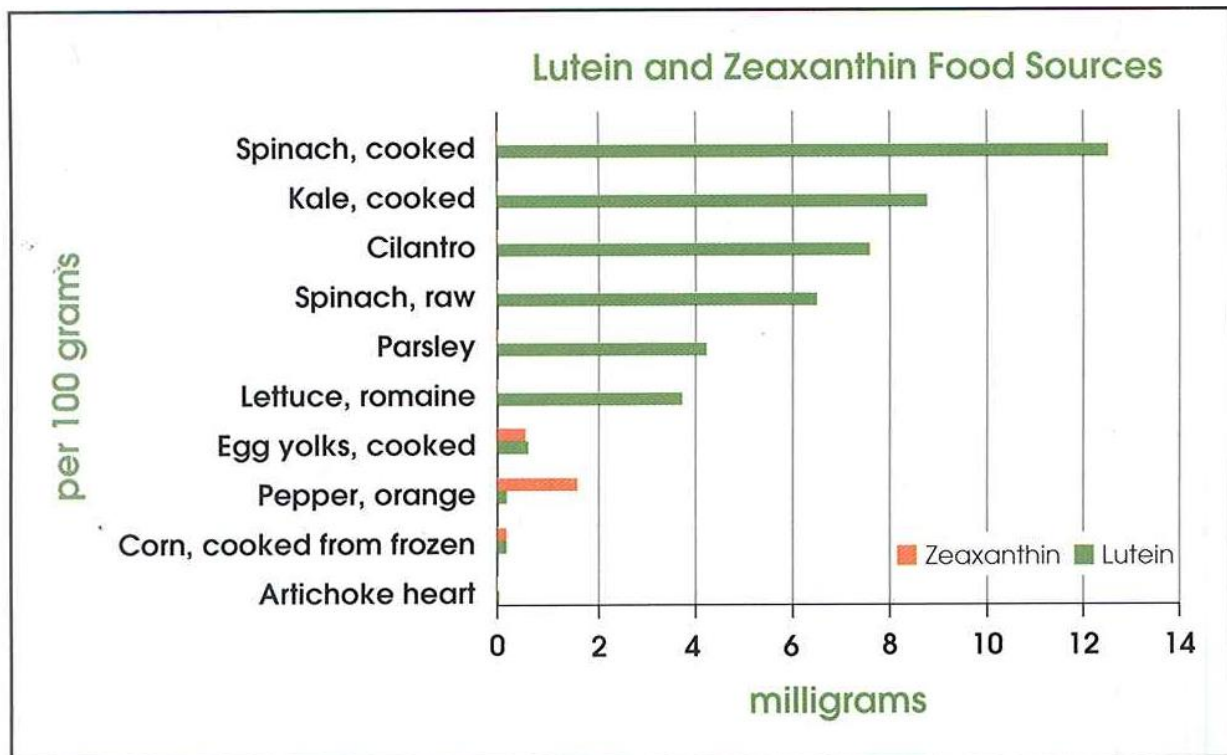


## Carotenoids for Ocular Health

### Lutein/Zeaxanthin in Common Sources (mg/100g)



Reference: Perry A, Rasmussen H, Johnson EJ. Xanthophyll (lutein, zeaxanthin) content in fruits, vegetables and corn and egg products. J Food Comp Anal. 2009;22(1):9-15

### Recommended Daily intake:

- **Lutein**                    **10mg**
- **Zeaxanthin**            **2mg**

See also: **Age-related Macular Degeneration Action Plan** link (on our website resources page) for further information on Age-related Macular Degeneration, risk factors and action to reduce risk.

### Looking for Lutein

People who eat more lutein plus zeaxanthin (about 6 to 12 milligrams a day) have a lower risk of cataracts.

| <b>Vegetables &amp; Fruits</b><br><i>(1/2 cup, vegetables cooked, unless noted)</i> | <b>Lutein + Zeaxanthin</b><br><i>(mg)</i> |
|---|---|
| Kale  | 11.9                                      |
| Kale <i>(2 cups raw)</i>  | 11.0                                      |
| Spinach   | 10.2                                      |
| Swiss chard   | 9.6                                       |
| Spinach <i>(2 cups raw)</i>   | 7.3                                       |
| Collard greens  | 5.9                                       |
| Romaine lettuce <i>(2 cups raw)</i>   | 2.2                                       |
| Peas, frozen  | 1.9                                       |
| Brussels sprouts  | 1.0                                       |
| Zucchini  | 1.0                                       |
| Broccoli  | 0.8                                       |
| Asparagus   | 0.7                                       |
| Corn, yellow  | 0.7                                       |
| Green beans   | 0.4                                       |
| Iceberg lettuce <i>(2 cups raw)</i>   | 0.4                                       |
| Nectarine <i>(1)</i>  | 0.2                                       |
| Orange <i>(1)</i>   | 0.2                                       |

Source: USDA National Nutrient Database.

Reference: [NutritionAction.com](http://NutritionAction.com)