

*** Foods High in Lutein and Zeaxanthin**

(the higher the number,
the better it is for your retina)

Broccoli, fresh, cooked	2,226 (L)
Carrots, baby, raw	358 (L)
Collards, fresh, cooked	8,091 (L)
Corn, sweet, yellow, cooked	1,800 (Z)
Corn, sweet, yellow, canned	884 (Z)
Cornmeal, enriched, yellow	1,355 (Z)
Kale, cooked	15,798 (L)
Lettuce, romaine, raw	2,635 (L)
Okra, cooked	390 (L)
Peas, green, canned	1,350 (L)
Persimmons, Japanese, raw	834 (Z)
Spinach, cooked	7,043 (L)
Spinach, raw	11,938 (L)
Zucchini, raw	2,125 (L)

* Based on 1998 USDA - NCC Carotenoid Database
micrograms per 100 grams of edible portion