

Carotenoid Rich Foods

Dandelion Greens



L+Z: 7480 µg
β-carotene: 3320 µg
α-carotene: 200 µg
β-cryptoxanthin: 67 µg

Turnip Greens



L+Z: 7040 µg
β-carotene: 3820 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Swiss Chard



L+Z: 3960 µg
β-carotene: 1310 µg
α-carotene: 16 µg
β-cryptoxanthin: 0 µg

Spinach



L+Z: 3600 µg
β-carotene: 1690 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Radicchio



L+Z: 3530 µg
β-carotene: 6 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Parsley



L+Z: 3340 µg
β-carotene: 3030 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Chicory Greens



L+Z: 2990 µg
β-carotene: 995 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Winter Squash
(all varieties)



L+Z: 2910 µg
β-carotene: 5720 µg
α-carotene: 1400 µg
β-cryptoxanthin: 0 µg

Zucchini



L+Z: 2360 µg
β-carotene: 149 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Mustard Greens



L+Z: 2090 µg
β-carotene: 1000 µg
α-carotene: 6 µg
β-cryptoxanthin: 22 µg

Watercress



L+Z: 1960 µg
β-carotene: 649 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Peas
(1/2 cup)



L+Z: 1800 µg
β-carotene: 325 µg
α-carotene: 15 µg
β-cryptoxanthin: 0 µg

Pumpkin



L+Z: 1740 µg
β-carotene: 3600 µg
α-carotene: 4660 µg
β-cryptoxanthin: 0 µg

Leeks



L+Z: 1690 µg
β-carotene: 890 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Collard Greens



L+Z: 1560 µg
β-carotene: 1080 µg
α-carotene: 5 µg
β-cryptoxanthin: 10 µg

Brussels Sprouts



L+Z: 1400 µg
β-carotene: 396 µg
α-carotene: 5 µg
β-cryptoxanthin: 0 µg

Kale



L+Z: 1310 µg
β-carotene: 603 µg
α-carotene: 0 µg
β-cryptoxanthin: 6 µg

Broccoli



L+Z: 1280 µg
β-carotene: 318 µg
α-carotene: 22 µg
β-cryptoxanthin: 1 µg

Edamame
(1/2 cup)



L+Z: 1255 µg
β-carotene: 135 µg
α-carotene: 0 µg
β-cryptoxanthin: 6 µg

Romaine Lettuce



L+Z: 1090 µg
β-carotene: 2460 µg
α-carotene: 0 µg
β-cryptoxanthin: 0 µg

Avocado
(one whole)



L+Z: 500 µg
β-carotene: 86 µg
α-carotene: 33 µg
β-cryptoxanthin: 37 µg

Pistachios
(1/4 cup)



L+Z: 892 µg
β-carotene: 375 µg
α-carotene: 12 µg
β-cryptoxanthin: 0 µg

Eggs
(one large)



L+Z: 252 µg
β-carotene: 0 µg
α-carotene: 0 µg
β-cryptoxanthin: 5 µg

Paprika
(1 teaspoon)



L+Z: 435 µg
β-carotene: 603 µg
α-carotene: 14 µg
β-cryptoxanthin: 142 µg