



FOODS CONTAINING LUTEIN

ADD LUTEIN TO YOUR DIET BY CONSUMING FRUITS AND VEGETABLES HIGH IN LUTEIN. STRIVE FOR 20 MG PER DAY. LUTEIN IS ALSO AVAILABLE AS A DIETARY SUPPLEMENT.

FOOD	SERVING SIZE	LUTEIN (MG)
KALE	½ CUP COOKED	22
SPINACH	½ CUP COOKED	10
FRESH PARSLEY	5/8 CUPS CHOPPED	10
CELERY	2 STALKS OR 1 CUP	3.75
BROCCOLI	2/3 CUP	2.0
LETTUCE, LEAF	2 CUPS	2.0
PEAS, GREEN, COOKED	2/3 CUP	1.5
BRUSSEL SPROUTS	7 MEDIUM SPROUTS	1.5
SUMMER SQUASH, RAW	½ CUP	1.0
CORN, YELLOW	4 INCH EAR OR ¾ CUP	.75
GREEN BEANS	2/3 CUP	.75
OLIVE, GREEN	15 MEDIUM	.50
CUCUMBER PICKLE	1 LARGE	.50
LEEK, RAW	1 LEEK	.50
SCALLIONS, RAW	1 LARGE	.50
EGG YOLK	1 LARGE	.35
CUCUMBER, RAW	1 WHOLE	.25
PLUM, RAW	2 SMALL	.25
CURRANTS, RAW	½ CUP	.25
AVOCADO, RAW	1 MEDIUM	.25
CARROT, RAW	1 LARGE	.25
PEAR, RAW	1 LARGE	.20
KIWI FRUIT, RAW	1 MEDIUM	.18
PEACH, DRIED	10 HALVES	.18
RHUBARB, RAW	1 CUP	.18
CABBAGE, WHITE	1 CUP	.15
TANGERINE, RAW	1 LARGE	.14
TOMATO, RAW	1 SMALL	.10