

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lutein + zeaxanthin (µg)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: April 10, 2016 13:20 EDT

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11236	Kale, frozen, cooked, boiled, drained, without salt	19,697.00
11791	Kale, frozen, cooked, boiled, drained, with salt	19,697.00
11234	Kale, cooked, boiled, drained, without salt	18,246.00
11790	Kale, cooked, boiled, drained, with salt	18,246.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	15,690.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	15,690.00
11505	Sweet potato leaves, raw	14,720.00
11207	Dandelion greens, raw	13,610.00
11568	Turnip greens, raw	12,825.00
11463	Spinach, frozen, chopped or leaf, unprepared	12,651.00
11203	Cress, garden, raw	12,500.00
11457	Spinach, raw	12,198.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	11,915.00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	11,915.00
11506	Sweet potato leaves, cooked, steamed, without salt	11,449.00
11874	Sweet potato leaves, cooked, steamed, with salt	11,449.00
11458	Spinach, cooked, boiled, drained, without salt	11,308.00
11854	Spinach, cooked, boiled, drained, with salt	11,308.00
11148	Chard, swiss, cooked, boiled, drained, without salt	11,015.00
11765	Chard, swiss, cooked, boiled, drained, with salt	11,015.00
11147	Chard, swiss, raw	11,000.00
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	10,898.00
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	10,898.00
11461	Spinach, canned, regular pack, drained solids	10,575.00
11271	Mustard greens, cooked, boiled, drained, without salt	10,400.00
11152	Chicory greens, raw	10,300.00
11799	Mustard greens, cooked, boiled, drained, with salt	9,900.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	9,532.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	9,532.00
11208	Dandelion greens, cooked, boiled, drained, without salt	9,158.00
11952	Radicchio, raw	8,832.00
11459	Spinach, canned, regular pack, solids and liquids	8,722.00
11855	Spinach, canned, no salt added, solids and liquids	8,722.00
11569	Turnip greens, cooked, boiled, drained, without salt	8,440.00
11891	Turnip greens, cooked, boiled, drained, with salt	8,440.00
11204	Cress, garden, cooked, boiled, drained, without salt	8,402.00
11781	Cress, garden, cooked, boiled, drained, with salt	8,402.00
11233	Kale, raw	8,198.00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	6,672.00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	6,672.00
43387	Turnip greens, canned, no salt added	6,591.00
11162	Collards, cooked, boiled, drained, without salt	6,197.00
11768	Collards, cooked, boiled, drained, with salt	6,197.00
11931	Peppers, sweet, red, freeze-dried	5,799.00
11591	Watercress, raw	5,767.00
11297	Parsley, fresh	5,561.00
11962	Peppers, hot chile, sun-dried	5,494.00
11634	Peppers, sweet, green, freeze-dried	5,199.00
11161	Collards, raw	4,323.00
11157	Chrysanthemum, garland, raw	3,834.00
11270	Mustard greens, raw	3,730.00
11959	Arugula, raw	3,555.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	3,467.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	3,467.00
11782	Dandelion greens, cooked, boiled, drained, with salt	3,398.00
11658	Spinach souffle	3,249.00
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	2,638.00
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	2,638.00
11305	Peas, green, cooked, boiled, drained, without salt	2,593.00
11811	Peas, green, cooked, boiled, drained, with salt	2,593.00
11304	Peas, green, raw	2,477.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	2,400.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	2,400.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11312	Peas, green, frozen, unprepared	2,352.00
11251	Lettuce, cos or romaine, raw	2,312.00
11475	Squash, summer, scallop, raw	2,308.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	2,249.00
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	2,249.00
11477	Squash, summer, zucchini, includes skin, raw	2,125.00
11641	Squash, summer, all varieties, raw	2,125.00
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	2,102.00
11520	Taro leaves, raw	1,932.00
11246	Leeks, (bulb and lower leaf-portion), raw	1,900.00
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	1,877.00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	1,877.00
11245	Lambsquarters, cooked, boiled, drained, without salt	1,857.00
11794	Lambsquarters, cooked, boiled, drained, with salt	1,857.00
11087	Beet greens, cooked, boiled, drained, without salt	1,819.00
11736	Beet greens, cooked, boiled, drained, with salt	1,819.00
11973	Beans, fava, in pod, raw	1,811.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	1,747.00
11232	Jute, potherb, cooked, boiled, drained, without salt	1,747.00
11306	Peas, green, canned, regular pack, solids and liquids	1,747.00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1,747.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	1,747.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	1,747.00
11789	Jute, potherb, cooked, boiled, drained, with salt	1,747.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	1,747.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	1,747.00
11974	Grape leaves, raw	1,747.00
11253	Lettuce, green leaf, raw	1,730.00
11257	Lettuce, red leaf, raw	1,724.00
11097	Broccoli raab, cooked	1,683.00
11812	Peas, green, canned, no salt added, solids and liquids	1,650.00
11212	Edamame, frozen, prepared	1,619.00
11098	Brussels sprouts, raw	1,590.00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	1,541.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	1,541.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	1,538.00
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	1,538.00
11094	Broccoli, frozen, spears, unprepared	1,525.00
11086	Beet greens, raw	1,503.00
11422	Pumpkin, raw	1,500.00
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	1,498.00
11975	Grape leaves, canned	1,487.00
11955	Tomatoes, sun-dried	1,419.00
11644	Squash, winter, all varieties, cooked, baked, without salt	1,415.00
11863	Squash, winter, all varieties, cooked, baked, with salt	1,415.00
11090	Broccoli, raw	1,403.00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	1,350.00
11813	Peas, green, canned, no salt added, drained solids	1,350.00
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	1,323.00
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	1,323.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	1,290.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	1,290.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	1,223.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	1,202.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	1,202.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1,150.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	1,150.00
11291	Onions, spring or scallions (includes tops and bulb), raw	1,137.00
11096	Broccoli raab, raw	1,121.00
11092	Broccoli, frozen, chopped, unprepared	1,120.00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1,095.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	1,095.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	1,095.00
11091	Broccoli, cooked, boiled, drained, without salt	1,080.00
11742	Broccoli, cooked, boiled, drained, with salt	1,080.00
11816	Peas and carrots, canned, no salt added, solids and liquids	1,070.00
11683	Carrot, dehydrated	1,051.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	1,045.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	1,045.00
11423	Pumpkin, cooked, boiled, drained, without salt	1,014.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11845	Pumpkin, cooked, boiled, drained, with salt	1,014.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	949.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	949.00
11197	Cowpeas, young pods with seeds, raw	932.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	925.00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	925.00
11969	Broccoli, chinese, cooked	912.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	906.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	906.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	897.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	893.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	893.00
11165	Coriander (cilantro) leaves, raw	865.00
11979	Peppers, jalapeno, raw	861.00
11292	Onions, young green, tops only	858.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	852.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	852.00
11182	Corn, yellow, whole kernel, frozen, microwaved	807.00
11224	Hyacinth-beans, immature seeds, raw	802.00
11012	Asparagus, cooked, boiled, drained	771.00
11705	Asparagus, cooked, boiled, drained, with salt	771.00
11300	Peas, edible-podded, raw	740.00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	730.00
11670	Peppers, hot chili, green, raw	725.00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	712.00
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	712.00
11011	Asparagus, raw	710.00
11819	Peppers, hot chili, red, raw	709.00
11301	Peas, edible-podded, boiled, drained, without salt	702.00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	702.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	695.00
11125	Carrots, cooked, boiled, drained, without salt	687.00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	684.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	676.00
11760	Carrots, frozen, cooked, boiled, drained, with salt	676.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	672.00
11730	Beans, snap, yellow, frozen, all styles, unprepared	666.00
11060	Beans, snap, green, frozen, all styles, unprepared	663.00
11632	Peppers, jalapeno, canned, solids and liquids	657.00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	650.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	650.00
11167	Corn, sweet, yellow, raw	644.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	641.00
11723	Beans, snap, green, cooked, boiled, drained, with salt	641.00
11052	Beans, snap, green, raw	640.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	637.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	637.00
11015	Asparagus, canned, drained solids	630.00
11062	Beans, snap, green, frozen, all styles, microwaved	629.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	618.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	618.00
11957	Fennel, bulb, raw	607.00
11707	Asparagus, canned, no salt added, solids and liquids	595.00
31034	Peppers, hot pickled, canned	585.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	564.00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	564.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	564.00
11977	Peppers, serrano, raw	544.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	508.00
11981	Peppers, hungarian, raw	502.00
11581	Vegetables, mixed, canned, drained solids	493.00
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	493.00
11126	Carrots, canned, regular pack, solids and liquids	490.00
11280	Okra, frozen, unprepared	482.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	479.00
11954	Tomatillos, raw	467.00
11007	Artichokes, (globe or french), raw	464.00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	464.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	464.00
11932	Beans, snap, yellow, canned, regular pack, drained solids	458.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11056	Beans, snap, green, canned, regular pack, drained solids	452.00
11729	Beans, snap, green, canned, no salt added, drained solids	452.00
11933	Beans, snap, yellow, canned, no salt added, drained solids	452.00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	444.00
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	444.00
11656	Corn pudding, home prepared	436.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	431.00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	431.00
11281	Okra, frozen, cooked, boiled, drained, without salt	420.00
11804	Okra, frozen, cooked, boiled, drained, with salt	420.00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	394.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	394.00
11279	Okra, cooked, boiled, drained, without salt	390.00
11803	Okra, cooked, boiled, drained, with salt	390.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	388.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	388.00
11943	Pimento, canned	366.00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	363.00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	363.00
11960	Carrots, baby, raw	358.00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	342.00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	342.00
11333	Peppers, sweet, green, raw	341.00
11054	Beans, snap, green, canned, regular pack, solids and liquids	338.00
11655	Carrot juice, canned	333.00
11050	Beans, shellie, canned, solids and liquids	331.00
11112	Cabbage, red, raw	329.00
11144	Celery, cooked, boiled, drained, without salt	329.00
11764	Celery, cooked, boiled, drained, with salt	329.00
11156	Chives, raw	323.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	315.00
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	315.00
11439	Sauerkraut, canned, solids and liquids	295.00
11467	Squash, summer, crookneck and straightneck, raw	290.00
11143	Celery, raw	283.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11278	Okra, raw	280.00
11578	Vegetable juice cocktail, canned	278.00
11585	Vegetable juice cocktail, low sodium, canned	278.00
11252	Lettuce, iceberg (includes crisphead types), raw	277.00
11945	Pickle relish, sweet	271.00
11124	Carrots, raw	256.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	250.00
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	250.00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	248.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	222.00
11130	Carrots, frozen, unprepared	218.00
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	198.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	197.00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	197.00
11757	Carrots, cooked, boiled, drained, with salt	194.00
11344	Pigeonpeas, immature seeds, raw	190.00
11024	Balsam-pear (bitter gourd), pods, raw	170.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	170.00
11935	Catsup	161.00
11949	Catsup, low sodium	161.00
11693	Tomatoes, crushed, canned	158.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	141.00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	141.00
11533	Tomatoes, red, ripe, canned, stewed	126.00
11529	Tomatoes, red, ripe, raw, year round average	123.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	111.00
11921	Peppers, sweet, red, sauteed	106.00
11530	Tomatoes, red, ripe, cooked	94.00
11884	Tomatoes, red, ripe, cooked, with salt	94.00
11672	Potato pancakes	87.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	85.00
43365	Tomato and vegetable juice, low sodium	80.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	78.00
11114	Cabbage, savoy, raw	77.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	66.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	61.00
11540	Tomato juice, canned, with salt added	60.00
11886	Tomato juice, canned, without salt added	60.00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	58.00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	58.00
11821	Peppers, sweet, red, raw	51.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	50.00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	50.00
11118	Cabbage, kimchi	49.00
11119	Cabbage, chinese (pe-tsai), raw	48.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	47.00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	47.00
11906	Corn, sweet, white, canned, cream style, regular pack	44.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	43.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	43.00
11941	Pickles, cucumber, sour	43.00
11946	Pickles, cucumber, sour, low sodium	43.00
11965	Cauliflower, green, raw	42.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	41.00
11116	Cabbage, chinese (pak-choi), raw	40.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	40.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	40.00
11917	Peppers, sweet, red, frozen, chopped, unprepared	39.00
11967	Cauliflower, green, cooked, no salt added	39.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	38.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	38.00
11482	Squash, winter, acorn, raw	38.00
11640	Shallots, freeze-dried	38.00
11643	Squash, winter, all varieties, raw	38.00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	38.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	37.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	37.00
11907	Corn, sweet, white, canned, cream style, no salt added	37.00
11209	Eggplant, raw	36.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	35.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11900	Corn, sweet, white, raw	34.00
11284	Onions, dehydrated flakes	32.00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	32.00
43143	Cabbage, japanese style, fresh, pickled	32.00
11137	Cauliflower, frozen, unprepared	31.00
11551	Tomato products, canned, sauce, with mushrooms	31.00
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	31.00
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	31.00
11109	Cabbage, raw	30.00
11357	Potatoes, white, flesh and skin, baked	30.00
11364	Potatoes, baked, skin, without salt	30.00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	30.00
11674	Potatoes, baked, flesh and skin, without salt	30.00
11828	Potatoes, baked, flesh and skin, with salt	30.00
11830	Potatoes, baked, skin only, with salt	30.00
11136	Cauliflower, cooked, boiled, drained, without salt	29.00
11761	Cauliflower, cooked, boiled, drained, with salt	29.00
43144	Cabbage, mustard, salted	29.00
11937	Pickles, cucumber, dill or kosher dill	28.00
11947	Pickles, cucumber, dill, reduced sodium	28.00
11110	Cabbage, cooked, boiled, drained, without salt	27.00
11358	Potatoes, red, flesh and skin, baked	27.00
11751	Cabbage, common, cooked, boiled, drained, with salt	27.00
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	24.00
11549	Tomato products, canned, sauce	24.00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	24.00
43217	Tomato sauce, canned, no salt added	24.00
11205	Cucumber, with peel, raw	23.00
11355	Potatoes, red, flesh and skin, raw	21.00
11113	Cabbage, red, cooked, boiled, drained, without salt	20.00
11752	Cabbage, red, cooked, boiled, drained, with salt	20.00
11356	Potatoes, Russet, flesh and skin, baked	19.00
11435	Rutabagas, raw	19.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	17.00
11206	Cucumber, peeled, raw	16.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11215	Garlic, raw	16.00
11370	Potatoes, hash brown, home-prepared	16.00
11399	Potato puffs, frozen, oven-heated	16.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	16.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	15.00
11398	Potato puffs, frozen, unprepared	15.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	14.00
11354	Potatoes, white, flesh and skin, raw	13.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	13.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	13.00
11436	Rutabagas, cooked, boiled, drained, without salt	13.00
11851	Rutabagas, cooked, boiled, drained, with salt	13.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	12.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	10.00
11429	Radishes, raw	10.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	10.00
11352	Potatoes, flesh and skin, raw	9.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	9.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	9.00
11400	Potatoes, frozen, whole, unprepared	8.00
11657	Potatoes, mashed, home-prepared, whole milk added	8.00
11677	Shallots, raw	8.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	8.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	7.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	7.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	7.00
11294	Onions, sweet, raw	6.00
43311	Potatoes, canned, drained solids, no salt added	6.00
11353	Potatoes, russet, flesh and skin, raw	5.00
11282	Onions, raw	4.00
11283	Onions, cooked, boiled, drained, without salt	4.00
11289	Onions, frozen, whole, unprepared	4.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	4.00
11805	Onions, cooked, boiled, drained, with salt	4.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	3.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	3.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	3.00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	3.00
11285	Onions, canned, solids and liquids	2.00
11135	Cauliflower, raw	1.00
11141	Celeriac, raw	1.00
11001	Alfalfa seeds, sprouted, raw	0.00
11026	Bamboo shoots, raw	0.00
11028	Bamboo shoots, canned, drained solids	0.00
11031	Lima beans, immature seeds, raw	0.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.00
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.00
11043	Mung beans, mature seeds, sprouted, raw	0.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.00
11080	Beets, raw	0.00
11081	Beets, cooked, boiled, drained	0.00
11082	Beets, canned, regular pack, solids and liquids	0.00
11084	Beets, canned, drained solids	0.00
11104	Burdock root, raw	0.00
11105	Burdock root, cooked, boiled, drained, without salt	0.00
11128	Carrots, canned, regular pack, drained solids	0.00
11134	Cassava, raw	0.00
11149	Chayote, fruit, raw	0.00
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.00
11210	Eggplant, cooked, boiled, drained, without salt	0.00
11213	Endive, raw	0.00
11214	Escarole, cooked, boiled, drained, no salt added	0.00
11216	Ginger root, raw	0.00
11226	Jerusalem-artichokes, raw	0.00
11240	Mushrooms, morel, raw	0.00
11241	Kohlrabi, raw	0.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11242	Kohlrabi, cooked, boiled, drained, without salt	0.00
11243	Mushrooms, portabella, grilled	0.00
11254	Lotus root, raw	0.00
11255	Lotus root, cooked, boiled, drained, without salt	0.00
11260	Mushrooms, white, raw	0.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.00
11263	Mushrooms, white, stir-fried	0.00
11264	Mushrooms, canned, drained solids	0.00
11265	Mushrooms, portabella, raw	0.00
11266	Mushrooms, brown, italian, or crimini, raw	0.00
11267	Mushrooms, shiitake, stir-fried	0.00
11268	Mushrooms, shiitake, dried	0.00
11269	Mushrooms, shiitake, cooked, without salt	0.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.00
11298	Parsnips, raw	0.00
11299	Parsnips, cooked, boiled, drained, without salt	0.00
11349	Poi	0.00
11363	Potatoes, baked, flesh, without salt	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.00
11413	Potato flour	0.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.00
11424	Pumpkin, canned, without salt	0.00
11430	Radishes, oriental, raw	0.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.00
11432	Radishes, oriental, dried	0.00
11438	Salsify, cooked, boiled, drained, without salt	0.00
11442	Seaweed, agar, raw	0.00
11444	Seaweed, irishmoss, raw	0.00
11445	Seaweed, kelp, raw	0.00
11446	Seaweed, laver, raw	0.00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.00
11485	Squash, winter, butternut, raw	0.00
11486	Squash, winter, butternut, cooked, baked, without salt	0.00
11487	Squash, winter, butternut, frozen, unprepared	0.00
11489	Squash, winter, hubbard, raw	0.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11490	Squash, winter, hubbard, baked, without salt	0.00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.00
11492	Squash, winter, spaghetti, raw	0.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.00
11507	Sweet potato, raw, unprepared	0.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.00
11510	Sweet potato, cooked, boiled, without skin	0.00
11512	Sweet potato, canned, vacuum pack	0.00
11514	Sweet potato, canned, mashed	0.00
11517	Sweet potato, frozen, cooked, baked, without salt	0.00
11518	Taro, raw	0.00
11519	Taro, cooked, without salt	0.00
11527	Tomatoes, green, raw	0.00
11546	Tomato products, canned, paste, without salt added	0.00
11547	Tomato products, canned, puree, without salt added	0.00
11564	Turnips, raw	0.00
11565	Turnips, cooked, boiled, drained, without salt	0.00
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.00
11588	Waterchestnuts, chinese, (matai), raw	0.00
11590	Waterchestnuts, chinese, canned, solids and liquids	0.00
11601	Yam, raw	0.00
11602	Yam, cooked, boiled, drained, or baked, without salt	0.00
11603	Yambean (jicama), raw	0.00
11609	Beets, pickled, canned, solids and liquids	0.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.00
11645	Sweet potato, canned, syrup pack, solids and liquids	0.00
11647	Sweet potato, canned, syrup pack, drained solids	0.00
11659	Sweet potato, cooked, candied, home-prepared	0.00
11667	Seaweed, spirulina, dried	0.00
11669	Seaweed, wakame, raw	0.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0.00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11734	Beets, cooked, boiled. drained, with salt	0.00
11735	Beets, canned, no salt added, solids and liquids	0.00
11747	Burdock root, cooked, boiled, drained, with salt	0.00
11758	Carrots, canned, no salt added, solids and liquids	0.00
11759	Carrots, canned, no salt added, drained solids	0.00
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	0.00
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0.00
11783	Eggplant, cooked, boiled, drained, with salt	0.00
11793	Kohlrabi, cooked, boiled, drained, with salt	0.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	0.00
11798	Mushrooms, shiitake, cooked, with salt	0.00
11808	Parsnips, cooked, boiled, drained, with salt	0.00
11829	Potatoes, baked, flesh, with salt	0.00
11846	Pumpkin, canned, with salt	0.00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.00
11852	Salsify, cooked, boiled, drained, with salt	0.00
11866	Squash, winter, butternut, cooked, baked, with salt	0.00
11868	Squash, winter, hubbard, baked, with salt	0.00
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.00
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.00
11876	Sweet potato, cooked, boiled, without skin, with salt	0.00
11878	Taro, cooked, with salt	0.00
11888	Tomato products, canned, puree, with salt added	0.00
11889	Turnips, cooked, boiled, drained, with salt	0.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.00
11897	Yam, cooked, boiled, drained, or baked, with salt	0.00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.00
11963	Nopales, raw	0.00
11964	Nopales, cooked, without salt	0.00
11976	Pepper, banana, raw	0.00
11987	Mushrooms, oyster, raw	0.00
11993	Mushrooms, maitake, raw	0.00

NDB_No	Description	Lutein + zeaxanthin(µg) Value Per
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	0.00
31036	Potatoes, mashed, ready-to-eat	0.00
43142	Radishes, hawaiian style, pickled	0.00
43146	Eggplant, pickled	0.00
43406	Yeast extract spread	0.00