



Good Sources of Lutein + Zeaxanthin

Food	Serving Size	Mg Lutein + Zeaxanthin per serving
Kale, raw	1 cup	26.5
Kale, cooked	1 cup	20.5
Collard Greens, cooked	1 cup	15.4
Spinach, fresh, cooked	1 cup	12.6
Turnip Greens, cooked	1 cup	12.1
Broccoli, cooked	1 medium stalk	4.0
Spinach, raw	1 cup	3.7
Spinach, raw	1 cup	3.6
Squash, strained, baby food	1 cup	2.6
Squash, Zucchini, includes skin, raw	1 cup	2.6
Peas, green, canned, regular pack	1 cup	2.2
Broccoli, raw	1 cup	2.1
Cornmeal, degermed, yellow	1 cup	1.9
Corn, sweet, yellow, cooked	½ cup	1.5
Lettuce, cos or romaine, raw	1 cup	1.5
Brussels Sprouts, cooked	½ cup	1.1