



Abridged List Ordered by Nutrient Content in Household Measure

Source: USDA National Nutrient Database for Standard Reference Legacy (2018)

Nutrients: **Lutein + zeaxanthin**( $\mu\text{g}$ )

Description	Measure	Lutein + zeaxanthin( $\mu\text{g}$ )Per Measure
Spinach, canned, regular pack, solids and liquids	1.0 cups	20409
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	19541
Turnip greens and turnips, frozen, cooked, boiled, drained,	1.0 cups	15537
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	12154
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	9770
Cress, garden, raw	1.0 cups	6250
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	4276
Spinach, raw	1.0 cups	3659
Peas, green, raw	1.0 cups	3592
Kale, frozen, unprepared	1.0 cups	3591
Noodles, egg, spinach, enriched, cooked	1.0 cups	3571
Pokeberry shoots, (poke), cooked, boiled, drained, without	1.0 cups	2883
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	2194
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	2070
Broccoli, frozen, chopped, cooked, boiled, drained, without	1.0 cups	2015
Broccoli, frozen, chopped, unprepared	1.0 cups	1747
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	1664
Asparagus, canned, drained solids	1.0 cups	1525
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	1520
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	1401
Brussels sprouts, raw	1.0 cups	1399
Kale, raw	1.0 cups	1315
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	1147
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	1129
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	1112
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution	1.0 cups	914
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	872
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	760
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	745
Peas, edible-podded, raw	1.0 cups, chopped	725
Vegetable juice cocktail, canned	1.0 cups	703

Asparagus, cooked, boiled, drained	0.5 cups	694
Beans, snap, green, frozen, cooked, boiled, drained without	1.0 cups	686
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	575
Beet greens, raw	1.0 cups	571
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	494
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	459
Okra, frozen, unprepared	0.33 package (10 oz)	458
Broccoli raab, raw	1.0 cups chopped	448
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	386
Carrots, raw	1.0 cups chopped	328
Tomatoes, red, ripe, canned, stewed	1.0 cups	321
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	298
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	286
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	280
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	274
Tangerines, (mandarin oranges), raw	1.0 cups, sections	269
Egg, whole, raw, fresh	1.0 large	252
Egg, whole, cooked, poached	1.0 large	250
Egg, whole, cooked, fried	1.0 large	250
Snacks, corn-based, extruded, onion-flavor	1.0 oz	249
Barley flour or meal	1.0 cups	237
Fast foods, croissant, with egg, cheese, and ham	1.0 item	223
Kiwifruit, green, raw	1.0 cups, sliced	220
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	218
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	209
Oat flour, partially debranned	1.0 cups	187
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	187
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	187
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	186
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	180
Blackberries, frozen, unsweetened	1.0 cups, unthawed	178
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	176
Loganberries, frozen	1.0 cups, unthawed	173
Blackberry juice, canned	1.0 cups	170
Blueberries, frozen, sweetened	1.0 cups, thawed	168
Cereals ready-to-eat, granola, homemade	1.0 cups	167
Squash, winter, acorn, cooked, boiled, mashed, without	1.0 cups, mashed	162
Fast foods, biscuit, with egg and bacon	1.0 biscuit	160

Balsam-pear (bitter melon), pods, raw	1.0 cups (1/2" pieces)	158
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	156
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	153
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	149
Tomato juice, canned, with salt added	1.0 cups	146
Tomato juice, canned, without salt added	1.0 cups	146
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	144
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	141
Fast Foods, biscuit, with egg and sausage	1.0 item	141
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	140
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	137
Eggnog	1.0 cups	137
Cranberry sauce, canned, sweetened	1.0 cups	133
Papayas, raw	1.0 cups 1" pieces	129
Grapes, canned, thompson seedless, water pack, solids and	1.0 cups	118
Cherries, sweet, raw	1.0 cups, with pits, yields	117
Chicken, skin (drumsticks and thighs), raw	4.0 oz	116
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	109
Wheat flour, white, bread, enriched	1.0 cups	108
Nuts, hazelnuts or filberts	1.0 cups, chopped	106
Chicken, dark meat, thigh, meat only, with added solution,	4.0 oz	98
Cream puff, eclair, custard or cream filled, iced	4.0 oz	97
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	95
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	93
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	93
Carambola, (starfruit), raw	1.0 cups, cubes	87
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	86
Apricots, canned, heavy syrup, drained	1.0 cups, halves	85
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	85
Plantains, yellow, raw	1.0 plantain	81
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	79
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	75
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	73
Arugula, raw	1.0 leaf	71
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	70
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	69

Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	67
Orange juice, chilled, includes from concentrate, with	1.0 cups	67
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	67
Grapes, american type (slip skin), raw	1.0 cups	66
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	65
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	65
Egg, whole, cooked, omelet	1.0 tbsp	63
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	63
Pears, raw	1.0 cups, slices	62
Crackers, wheat, regular	16.0 crackers 1 serving	61
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	61
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	61
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	58
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.)	57
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	55
Currants, red and white, raw	1.0 cups	53
Breadfruit, raw	1.0 cups	48
Applesauce, canned, sweetened, without salt	1.0 cups	44
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	44
Olives, ripe, canned (small-extra large)	1.0 tbsp	43
Snacks, potato chips, barbecue-flavor	1.0 oz	43
Noodles, egg, dry, unenriched	1.0 cups	42
Sausage, pork and turkey, pre-cooked	1.0 serving	40
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	40
Plantains, yellow, baked	1.0 cups	39
Mangos, raw	1.0 cups pieces	38
Lemon juice, raw	1.0 cups	37
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	36
Seeds, pumpkin and squash seed kernels, roasted, with salt	1.0 cups	35
Soup, chicken noodle, dry, mix	1.0 packet	32
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	32
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	32
Bread, whole-wheat, commercially prepared	1.0 slice	28
Cauliflower, green, raw	1.0 cups	27
Grapefruit juice, white, canned, sweetened	1.0 cups	25
Cake, sponge, commercially prepared	1.0 oz	24
Focaccia, Italian flatbread, plain	1.0 piece	24

Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	23
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	23
Wheat flour, white, all-purpose, unenriched	1.0 cups	22
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	22
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	22
Bread, protein (includes gluten)	1.0 oz	22
Garlic, raw	1.0 cups	22
Bread, cheese	1.0 slice	22
Cracker, meal	1.0 oz	22
Bread, oatmeal, toasted	1.0 oz	21
Croissants, butter	1.0 oz	21
Bread, stuffing, dry mix	1.0 oz	20
Apples, raw, without skin	1.0 cups slices	20
Spices, thyme, dried	1.0 tsp, leaves	19
Cake, cheesecake, commercially prepared	1.0 oz	18
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	17
Potatoes, baked, skin, without salt	1.0 skin	17
Figs, canned, water pack, solids and liquids	1.0 cups	17
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	17
Pasta, dry, enriched	1.0 cups spaghetti	16
Bread, rye	1.0 oz	15
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	15
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	15
Danish pastry, cinnamon, enriched	1.0 oz	15
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	15
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	14
Olives, pickled, canned or bottled, green	1.0 olive	14
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	13
Pie, banana cream, prepared from recipe	1.0 oz	13
Bread, white, commercially prepared, toasted	1.0 oz	13
Bread, oat bran	1.0 oz	13
Bread, wheat	1.0 slice	13
Croissants, cheese	1.0 oz	12
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	12
Cake, cherry fudge with chocolate frosting	1.0 oz	12
Bread, reduced-calorie, wheat	1.0 oz	12
Radishes, raw	1.0 cups slices	12
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	12
Spices, marjoram, dried	1.0 tsp	11
Spices, mustard seed, ground	1.0 tsp	11
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	11

Snacks, potato chips, fat free, salted	1.0 oz	11
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	11
Danish pastry, cheese	1.0 oz	11
Garlic bread, frozen	1.0 slice presliced	11
Cheese, swiss	1.0 cups, diced	11
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	10
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	10
Spices, caraway seed	1.0 tsp	10
Bread, reduced-calorie, white	1.0 oz	9
Chocolate, dark, 60-69% cacao solids	1.0 oz	9
Cookies, sugar wafers with creme filling, regular	3.0 cookies	9
Onions, sweet, raw	1.0 NLEA serving	9
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	9
Cookies, oatmeal, commercially prepared, regular	1.0 oz	9
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60- 69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	9
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	9
Snacks, fruit leather, rolls	1.0 large	9
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	8
Cookies, shortbread, commercially prepared, plain	1.0 oz	8
Soup, chicken with rice, canned, condensed	0.5 cups	8
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	7
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	7
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	7
Bread, white wheat	1.0 slice	7
Corn flour, yellow, masa, enriched	1.0 cups	7
Potatoes, flesh and skin, raw	0.5 cups, diced	7
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	6
Onions, raw	1.0 cups, chopped	6
Croutons, seasoned	0.5 oz	6
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	6
Sausage, turkey, fresh, raw	1.0 serving	6
Cornmeal, whole-grain, white	1.0 cups	6
Cheese, pasteurized process, American, fortified with	1.0 oz	6
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	6
Spices, cinnamon, ground	1.0 tsp	6
Figs, raw	1.0 large (2-1/2" dia)	6
Pie, cherry, commercially prepared	1.0 oz	6
Soup, cream of mushroom, canned, condensed	0.5 cups	5
Soup, beef noodle, canned, condensed	0.5 cups	5
Crackers, cheese, regular	0.5 oz	5
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	5

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	4
Pie, blueberry, commercially prepared	1.0 oz	4
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	4
Cookies, peanut butter, commercially prepared, regular	1.0 oz	4
Grapes, muscadine, raw	1.0 grape	4
Onions, frozen, whole, unprepared	0.33 package (10 oz)	4
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	4
Cookies, chocolate wafers	1.0 oz	4
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	4
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	4
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	3
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	3
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	3
Cake, snack cakes, creme-filled, sponge	1.0 oz	3
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	3
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	2
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	2
Gravy, beef, canned, ready-to-serve	1.0 cups	2
Cookies, fig bars	1.0 oz	2
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	2
Pie, fried pies, fruit	1.0 oz	2
Cookies, peanut butter sandwich, regular	1.0 oz	2
Crackers, standard snack-type, regular	5.0 crackers	2
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	2
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	2
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	2
Salad dressing, mayonnaise, regular	1.0 tbsp	2
Onions, dehydrated flakes	1.0 tbsp	2
Papaya, canned, heavy syrup, drained	1.0 piece	2
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	1
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	1
Puddings, chocolate, dry mix, regular, prepared with whole	0.5 cups	1
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	1
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	1
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	1
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	1
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	1
Cheese, cream	1.0 tbsp	1
Candies, MOUNDS Candy Bar	1.0 bar snack size	1

Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	1
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	1
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	1
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	1
Gravy, brown instant, dry	1.0 serving	1
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	1
Cookies, molasses	1.0 oz	1