

Zeaxanthin Content of Selected U. S. Foods - 1998

(Units= $\mu\text{g}/100\text{g}$ edible portion for Mean, SEM, Min, and Max; #S = is the total number of means/individual values)

NDB	Desc	Mean	#S	Ref. No.
11056	Beans, snap, green, canned, regular pack, drained solids	44	1	9
11091	Broccoli, cooked, boiled, drained, without salt	23	1	9
11960	Carrots, baby, raw	23	1	9
11144	Celery, cooked, boiled, drained, without salt	8	1	9
11143	Celery, raw	3	1	9
11162	Collards, cooked, boiled, drained, without salt	266	1	9
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	528	1	9
20022	Cornmeal, degermed, enriched yellow	457	1	9
01123	Egg, whole, raw, fresh	23	1	9
11234	Kale, cooked, boiled, drained, without salt	173	1	9
11251	Lettuce, cos or romaine, raw	187	1	9
11252	Lettuce, iceberg (includes crisphead types), raw	70	1	9
09200	Oranges, raw, all commercial varieties	74	1	9
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volumes water	80	1	9
09236	Peaches, raw	6	1	22
09370	Peaches, canned, heavy syrup, drained	19	1	22
11308	Peas, green, canned, regular pack, drained solids	58	1	9
09263	Persimmons, japanese, raw	488	1	31
11458	Spinach, cooked, boiled, drained, without salt	179	1	9
11457	Spinach, raw	331	1	9
09218	Tangerines, (mandarin oranges), raw	112	1	9
11569	Turnip greens, cooked, boiled, drained, without salt	267	1	9