

## Where to Find Lutein

### Raw Foods

Foods that are naturally rich in lutein include dark green, leafy vegetables like spinach and kale, as well as other highly colored foods such as corn and egg yolks. The average American consumes only between 1 and 2 milligrams of lutein per day – considerably less than the 4-8 milligrams consumed by following the USDA Dietary Guidelines for Americans 2005.

The chart below shows levels of lutein and its accompanying molecule zeaxanthin naturally occurring in various fruits and vegetables.

Food	Mg / serving
Kale (raw)	26.5 / 1 cup
Kale (cooked)	23.7 / 1 cup
Spinach (cooked)	20.4 / 1 cup
Collards (cooked)	14.6 / 1 cup
Turnip greens (cooked)	12.2 / 1 cup
Green peas (cooked)	4.1 / 1 cup
Spinach (raw)	3.7 / 1 cup
Corn (cooked)	1.5 / 1 cup
Broccoli (raw)	1.3 / 1 cup
Romaine lettuce (raw)	1.1 / 1 cup
Green beans (cooked)	0.9 / 1 cup
Broccoli (cooked)	0.8 / 1/2 cup
Papaya (raw)	0.3 / 1 large
Egg	0.2 / 1 large
Orange (raw)	0.2 / 1 large