

CAROTENOIDS LIST

FUNMEDDEV Ltd.

Your health today and tomorrow

Glen Matten MSc &
Georges Mouton MD

27th February 2017

Lycopene

- ☛ Tomato
- ☛ Pink grapefruit
- ☛ Pink guava
- ☛ Watermelon
- ☛ Papaya
- ☛ Sweet gourd
- ☛ Red bell pepper

Alpha-carotene / Beta-carotene

- ☛ Carrot
- ☛ Apricot
- ☛ Butternut squash
- ☛ Sweet potato
- ☛ Cantaloupe melon
- ☛ Mango

Beta-cryptoxanthin

- ☛ Orange
- ☛ Tangerine
- ☛ Persimmon
- ☛ Grapefruit
- ☛ Nectarine
- ☛ Peach
- ☛ Papaya
- ☛ Avocado
- ☛ Physalis
- ☛ Red peppers
- ☛ Watermelon

Canthaxanthin

- ☛ Chanterelles

Zeaxanthin / Lutein

- ☛ Spinach
- ☛ Yellow corn
- ☛ Green pepper
- ☛ Avocado
- ☛ Honeydew melon
- ☛ Kiwi
- ☛ Pea
- ☛ Brussels sprouts
- ☛ Broccoli
- ☛ Courgette
- ☛ Romaine lettuce
- ☛ Kale
- ☛ **Egg yolks**

Astaxanthin

- ☛ Krill
- ☛ Salmon
- ☛ Trout
- ☛ Crayfish