

# CAROTENOIDS LIST

*FUNMEDDEV Ltd.*

Your health today and tomorrow

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## Lycopene

- ☛ Tomato (especially **tomato sauce**)
- ☛ 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

- ☛ **Satsuma**
- ☛ **Orange**
- ☛ **Tangerine**
- ☛ **Persimmon**
- ☛ Grapefruit
- ☛ Nectarine
- ☛ **Peach**
- ☛ Papaya
- ☛ Physalis
- ☛ **Pumpkin**
- ☛ **Butternut squash**
- ☛ Red peppers (especially **red bell pepper tapenade** and traditional **sweet ajvar**)
- ☛ Watermelon

## Canthaxanthin

- ☛ Chanterelles

## Zeaxanthin / Lutein

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

## Astaxanthin

- ☛ Krill
- ☛ Salmon
- ☛ Trout
- ☛ Crayfish
- ☛ Crab
- ☛ Fish eggs