

Eat More Veggies!

These fruits and vegetables are high in both lutein and zeaxanthin. If you have Macular Degeneration your diet should include 5 servings of these fruits and vegetables each day.

	Lutein in Milligrams	Zeaxanthin in Micrograms
Corn (canned)	1.4 per 1 cup serving	432.96 per ½ cup serving
Spinach (raw)	6.7 per 1 cup serving	185.36 per 1 cup serving
Spinach (cooked)	15 per 1 cup serving	161.1 per ½ cup serving
Romaine Lettuce (raw)	1.5 per 1 cup serving	104.72 per 1 cup serving
Collard Greens (cooked)	17.2 per 1 cup serving	170.24 per ½ cup serving
Broccoli (cooked)	3.4 per 1 cup serving	17.94 per ½ cup serving
Green Peas (canned)	2.3 per 1 cup serving	49.3 per ½ cup serving
Green Beans (canned)	.76 per 1 cup serving	29.92 per ½ cup serving
Tangerines (fresh)	.40 per 2 medium	94.08 per 1 medium
Oranges (fresh)	.49 per 2 medium	96.94 per 1 medium
Orange Juice (frozen concentrate)	.50 per 12 ounces	149.12 per 6 ounces
Kale (cooked)	33.8 per 1 cup serving	
Turnip Greens (cooked)	18.1 per 1 cup serving	
Corn (cooked)	2.9 per 1 cup serving	
Eggs (cooked)	.5 per 2 medium	
Papayas	.45 per 2 medium	
Iceberg Lettuce (raw)		39.2 per 1 cup serving
Celery (raw)		1.8 per ½ cup serving
Peaches (raw)		5.22 per 1 medium
Carrots (baby, raw)		2.3 per 1 cup serving