

A guide to carotenes

Carotene	Vitamin A activity (%)	Food sources
Beta-carotene	100	Green plants, carrots, sweet potatoes, squash, spinach, apricots, green peppers
Alpha-carotene	50-54	Green plants, carrots, squash, corn, watermelons, green peppers, potatoes, apples, peaches
Gamma-carotene	42-50	Carrots, sweet potatoes, corn, tomatoes, watermelons, apricots
Beta-zeacarotene	20-40	Corn, tomatoes, yeast, cherries
Cryptoxanthin	50-60	Corn, green peppers, persimmons, papayas, lemons, oranges, prunes, apples, apricots, paprika, poultry
Lycopene	0	Tomatoes, carrots, green peppers, apricots, pink grapefruit
Zeaxanthin	0	Spinach, paprika, corn, fruits
Lutein	0	Green plants, corn, potatoes, spinach, carrots, tomatoes, fruits
Canthaxanthin	0	Mushrooms, trout, crustaceans
Crocetin	0	Saffron
Capsanthin	0	Red peppers, paprika

