

# USDA National Nutrient Database for Standard Reference Release 28

## Nutrients: Lutein + zeaxanthin (µg)

Food Subset: Abridged List

Ordered by: Nutrient Content

Measured by: Household

Report Run at: October 11, 2016 13:58 EDT

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	20409
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	19541
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	15537
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	12154
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	9770
11203	Cress, garden, raw	50.0	1.0 cup	6250
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	4276
11457	Spinach, raw	30.0	1.0 cup	3659
11304	Peas, green, raw	145.0	1.0 cup	3592
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	3571
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	2883
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	2194
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2070
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	2015
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1747
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	1664
11015	Asparagus, canned, drained solids	242.0	1.0 cup	1525
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	1520
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	1401
11098	Brussels sprouts, raw	88.0	1.0 cup	1399
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	1312
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1147
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	1129
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1112
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	914
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	872
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	760
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	745

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	725
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	703
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	694
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	686
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	575
11086	Beet greens, raw	38.0	1.0 cup	571
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	494
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	459
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	458
11096	Broccoli raab, raw	40.0	1.0 cup chopped	448
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	386
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	362
11124	Carrots, raw	128.0	1.0 cup chopped	328
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	321
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	298
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	286
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	280
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	274
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	270
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	269
01123	Egg, whole, raw, fresh	50.0	1.0 large	252
01131	Egg, whole, cooked, poached	50.0	1.0 large	250
01128	Egg, whole, cooked, fried	46.0	1.0 large	250
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	249
20130	Barley flour or meal	148.0	1.0 cup	237
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	223
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	220
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	218
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	209
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	191
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	187
20132	Oat flour, partially debranned	104.0	1.0 cup	187
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	187
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	186
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	180

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	178
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	176
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	173
09043	Blackberry juice, canned	250.0	1.0 cup	170
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	168
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	167
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	162
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	160
11024	Balsam-pear (bitter melon), pods, raw	93.0	1.0 cup (1/2" pieces)	158
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	156
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	154
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	153
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	149
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	146
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	146
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	144
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	141
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	141
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	140
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	137
01057	Eggnog	254.0	1.0 cup	137
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	133
09226	Papayas, raw	145.0	1.0 cup 1" pieces	129
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	118
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	117
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	109
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	108
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	106
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	97
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	95
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	93
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	93
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	87
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	86
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	85

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09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	85
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	79
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	75
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	74
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	73
11959	Arugula, raw	2.0	1.0 leaf	71
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	70
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	69
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	67
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	67
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	67
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	66
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	65
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	65
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	63
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	63
09252	Pears, raw	140.0	1.0 cup, slices	62
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	61
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	61
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	61
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	58
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	57
09278	Plantains, cooked	200.0	1.0 cup, mashed	56
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	55
09084	Currants, red and white, raw	112.0	1.0 cup	53
09059	Breadfruit, raw	220.0	1.0 cup	48
09277	Plantains, raw	148.0	1.0 cup, sliced	44
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	44
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	44
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	43
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	43
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	42
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	40
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	40
09176	Mangos, raw	165.0	1.0 cup pieces	38

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09152	Lemon juice, raw	244.0	1.0 cup	37
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	36
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	35
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	32
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	32
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	32
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	29
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	28
11965	Cauliflower, green, raw	64.0	1.0 cup	27
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	26
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	25
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	25
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	24
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	24
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	23
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	23
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	22
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	22
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	22
18043	Bread, protein (includes gluten)	28.35	1.0 oz	22
11215	Garlic, raw	136.0	1.0 cup	22
18972	Bread, cheese	48.0	1.0 slice	22
18236	Cracker meal	28.35	1.0 oz	22
18040	Bread, oatmeal, toasted	28.35	1.0 oz	21
18239	Croissants, butter	28.35	1.0 oz	21
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	21
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	20
09004	Apples, raw, without skin	110.0	1.0 cup slices	20
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	19
18147	Cheesecake commercially prepared	28.35	1.0 oz	18
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	17
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	17
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	17
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	17
18385	Bread, wheat germ, toasted	28.35	1.0 oz	16

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	16
18066	Bread, wheat bran	28.35	1.0 oz	15
18060	Bread, rye	28.35	1.0 oz	15
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	15
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	15
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	15
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	15
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	14
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	14
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	13
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	13
18037	Bread, oat bran	28.35	1.0 oz	13
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	13
18064	Bread, wheat	29.0	1.0 slice	13
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	12
18241	Croissants, cheese	28.35	1.0 oz	12
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	12
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	12
11429	Radishes, raw	116.0	1.0 cup slices	12
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	12
02023	Spices, marjoram, dried	0.6	1.0 tsp	11
02024	Spices, mustard seed, ground	2.0	1.0 tsp	11
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	11
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	11
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	11
18245	Danish pastry, cheese	28.35	1.0 oz	11
18963	Garlic bread, frozen	43.0	1.0 slice presliced	11
01040	Cheese, swiss	132.0	1.0 cup, diced	11
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	10
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	10
02005	Spices, caraway seed	2.1	1.0 tsp	10
18057	Bread, reduced-calorie, white	28.35	1.0 oz	9
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	9
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	9
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	9

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19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	9
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	9
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	9
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	9
19014	Snacks, fruit leather, rolls	21.0	1.0 large	9
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	8
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	8
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	8
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	7
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	7
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	7
18967	Bread, white wheat	28.0	1.0 slice	7
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	7
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	7
11282	Onions, raw	160.0	1.0 cup, chopped	6
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	6
18243	Croutons, seasoned	14.2	0.5 oz	6
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	6
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	6
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	6
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	6
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	6
02010	Spices, cinnamon, ground	2.6	1.0 tsp	6
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	6
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	6
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	5
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	5
18214	Crackers, cheese, regular	14.2	0.5 oz	5
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	5
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	4
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	4
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	4
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	4
09129	Grapes, muscadine, raw	6.0	1.0 grape	4

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11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	4
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	4
18157	Cookies, chocolate wafers	28.35	1.0 oz	4
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	4
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	4
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	3
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	3
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	3
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	3
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	3
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	3
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	2
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	2
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	2
18319	Pie, fried pies, fruit	28.35	1.0 oz	2
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2
18170	Cookies, fig bars	28.35	1.0 oz	2
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	2
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	2
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	2
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	2
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	2
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	2
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	2
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	2
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	1
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	1
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	1
01017	Cheese, cream	14.5	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	1
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	1
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	1
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1
06957	Gravy, brown instant, dry	6.7	1.0 serving	1
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1
18177	Cookies, molasses	28.35	1.0 oz	1
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
01056	Cream, sour, cultured	12.0	1.0 tbsp	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0
01032	Cheese, parmesan, grated	100.0	1.0 cup	0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0
02021	Spices, ginger, ground	1.8	1.0 tsp	0
07926	Salami, Italian, pork	28.0	1.0 oz	0
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0
07921	Bacon and beef sticks	28.0	1.0 oz	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0
09437	Tamarind nectar, canned	251.0	1.0 cup	0
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0
09160	Lime juice, raw	242.0	1.0 cup	0
11213	Endive, raw	25.0	0.5 cup, chopped	0
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
15014	Fish, cisco, smoked	28.35	1.0 oz	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01007	Cheese, camembert	28.35	1.0 oz	0
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0
01035	Cheese, provolone	132.0	1.0 cup, diced	0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0
07971	Bologna, meat and poultry	33.0	1.0 slice	0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
04582	Oil, canola	14.0	1.0 tbsp	0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	0
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01094	Milk, buttermilk, dried	30.0	0.25 cup	0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0
09085	Currants, zante, dried	144.0	1.0 cup	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	0
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0
09164	Litchis, raw	190.0	1.0 cup	0
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0
01072	Dessert topping, pressurized	70.0	1.0 cup	0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0
01009	Cheese, cheddar	132.0	1.0 cup, diced	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
11080	Beets, raw	136.0	1.0 cup	0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01115	Whey, sweet, dried	145.0	1.0 cup	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
01030	Cheese, muenster	132.0	1.0 cup, diced	0
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
02015	Spices, curry powder	2.0	1.0 tsp	0
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0
15033	Fish, haddock, raw	85.0	3.0 oz	0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0
01019	Cheese, feta	150.0	1.0 cup, crumbled	0
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsps	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0
07939	Frankfurter, pork	76.0	1.0 link	0
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsps	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
01144	Egg substitute, powder	9.9	0.35 oz	0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
07911	Liverwurst spread	55.0	0.25 cup	0
11216	Ginger root, raw	2.0	1.0 tsp	0
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
02050	Vanilla extract	4.2	1.0 tsp	0
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0
01070	Dessert topping, powdered	43.0	1.5 oz	0
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0

<b>NDB_No</b>	<b>Description</b>	<b>Weight(g)</b>	<b>Measure</b>	<b>Lutein + zeaxanthin(µg) Per Measure</b>
01004	Cheese, blue	28.35	1.0 oz	0
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	0
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
20134	Rice noodles, cooked	176.0	1.0 cup	0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0