

Food Sources of Selected Carotenoids*Carotenoid Content (micrograms) in 3.5-ounce (100g) serving*

<i>Food</i>	<i>Beta-carotene</i>	<i>Alpha-carotene</i>	<i>Lutein</i>	<i>Lycopene</i>
Apricot, canned	1500	0	2	65
Broccoli, cooked	1300	1	1800	0
Carrots, raw	7900	3600	260	0
Grapefruit, pink, raw	1300	0	0	3362
Green beans, cooked	630	44	740	0
Lettuce, iceberg	480	4	1400	0
Sea buckthorn seed oil (+ other carotenoids 21 110)	9970-33000 (97500 H.salicifolia) (Lian 2000)	3440	560	6890
Sea buckthorn pulp oil	122000-364000 (485200 H.salicifolia) (Lian 2000)			
Sea buckthorn leaves	17000-37000			250
Sea buckthorn berries	1500	700		1350
Sea buckthorn pulp and peel	5000-9000	260-960	140-340	800-1500