








Autumn Health Picks

TASTE THE RAINBOW

September 30, 2020

Key Takeaways

1. Carotenoids are plant pigments that give yellow, green, orange, and red coloring to fruits and vegetables
2. Carotenoids have antioxidant properties which can confer health benefits such as reduced risk for certain cancers and CVD
3. Carotenoids deposit in neural tissue and can benefit eye and cognitive health

 7975 ug/kg beta-carotene 271 ug/kg lutein 2186 ug/kg alpha-carotene	 45 ug/kg beta-carotene 520 ug/kg lutein 60 ug/kg alpha-carotene	 3100 ug/kg beta-carotene 800 ug/kg beta cryptoxanthin	 1580 ug/kg beta-carotene 6265 ug/kg lutein
 608 ug/kg beta-carotene 77 ug/kg lutein 4375 ug/kg lycopene	 4489 ug/kg beta-carotene 6265 ug/kg lutein	 180 ug/kg beta-carotene 20 ug/kg lutein 2750 ug/kg lycopene	