



## Top food sources of **carotenoids**

Astaxanthin



Algae



Salmon



Shrimp



Trout

Beta-carotene



Carrots



Mangos



Pumpkin



Sweet  
potatoes

Lutein



Avocados



Egg yolks



Spinach



Basil

Lycopene



Tomatoes



Papayas



Watermelons



Red carrots

Zeaxanthin



Corn



Eggs



Orange  
peppers



Goji berries