

Table S1. Carotenoid content in fruits and vegetables common in America.

Source	Scientific name	Carotenoids (µg/g)						References
		β-carotene	α-carotene	β-cryptoxanthin	Lutein	Zeaxanthin	Lycopene	
Apple								
Golden delicious	<i>Malus domestica</i>	1.40	-	-	0.71	0.02	-	[3]
Gala		0.17	-	-	0.06	0.01	-	
Apricot	<i>Prunus armeniaca</i>	170.00	-	0.73	0.09	2.70	-	[3]
Arugula	<i>Eruca sativa</i>	79.60	2.80	-	74.40	0.06	-	[3]
Banana	<i>Musa paradisiaca</i>	0.66	0.18	-	0.04	-	-	[3]
Banana	<i>Musa acuminata</i>	8.38	8.62	-	0.90	-	-	[3]
Black sapote	<i>Diospyros digyna</i>	79.90	-	-	-	-	-	[22]
Broccoli	<i>Brassica oleracea</i> <i>var. italiaca</i>	11.38	-	0.15	28.05	-	-	[3]
Brussels sprout	<i>Brassica oleracea</i> <i>var. gemmiera</i>	0.72	-	11.63	11.63	-	-	[3]
Carrot	<i>Daucus carota</i>	53.60	45.00	-	1.50	-	-	[3]
		47.5	47.1	-	-	-	-	[23]
Cashew	<i>Anacardium occidentale</i>	139.90 ^a	-	-	-	-	-	[22]
Cassava	<i>Manihot esculenta</i>	7.28	0.08	0.14	0.38	-	-	[24]
Cauliflower	<i>Brassica oleracea</i> <i>var. botrytis</i>	0.22	-	0.15	0.28	-	-	[3]
Coriander	<i>Coriandrum sativum</i>	586.10	-	-	-	-	-	[3]
Dragon fruit	<i>Hylocereus undatus</i>	29.30 ^a	-	-	-	-	-	[22]
Eggplant	<i>Solanum melongena</i>	0.18	-	-	0.71	-	-	[23]
Grape	<i>Vitis vinifera</i>	0.23	-	-	0.47	-	-	[3]
Guava	<i>Psidium guajava</i>	2.00	-	-	2.10	-	45.30	[3]

Source	Scientific name	Carotenoids (µg/g)						References
		β-carotene	α-carotene	β-cryptoxanthin	Lutein	Zeaxanthin	Lycopene	
Kale	<i>Brassica oleracea</i> <i>var. acephala</i>	44.00	-	0-21	65.22	-	-	[3]
Kiwifruit (golden)	<i>Actinidia chinensis</i>	11.70 ^a	-	-	-	-	-	[25]
		13.90 ^a	-	-	-	-	-	
Lettuce	<i>Lactuca sativa</i>	14.90	-	-	13.50	-	-	[3]
Jackfruit	<i>Artocarpus</i> <i>heterophyllus</i>	0.61	0.06	0.05	1.57 ^b	-	-	[26]
Jocote	<i>Spondias purpurea</i>	171.60 ^a	-	-	-	-	-	[22]
Mamey	<i>Pouteria sapota</i>	37.64	-	-	0.87	-	-	[4]
		361.20 ^a	-	-	-	-	-	[22]
Mango	<i>Mangifera indica</i>	-	-	-	31.70	1.50	-	[3]
Melon	<i>Cucumis melo</i>							
Orange flesh		55.20	-	2.77	1.67	-	-	[27]
Green flesh		5.06	-	0.27	4.84	-	-	
Nance	<i>Byrsonima</i> <i>crassifolia</i>	145.40 ^a	-	-	-	-	-	[22]
Okra	<i>Abelmoschus</i> <i>esculentus</i>	1.93	-	-	8.98	-	0.19	[23]
Orange	<i>Citrus x sinensis</i>	0.21	0.11	1.86	0.61	-	-	[28]
Papaya	<i>Carica papaya</i>	-	-	-	237.00	14.10	-	[3]
Passion fruit								
Yellow pulp	<i>Passiflora edulis</i>	13.34	0.86	2.54	0.44	0.65	-	[29]
Purple pulp		1.72	0.68	0.31	0.11	0.07	-	
Orange pulp		7.45	-	-	1.05	0.91	4.40	
Peach	<i>Prunus persica</i>	9.30	-	1.60	-	1.10	-	[3]
Pepper								
Green	<i>Capsicum annuum</i>	17.50	-	-	-	-	-	[18]

Source	Scientific name	Carotenoids (µg/g)						References
		β-carotene	α-carotene	β-cryptoxanthin	Lutein	Zeaxanthin	Lycopene	
Green		4.30	-	-	12.30	-	-	[19]
Red		16.30	-	-	3.50	-	-	[19]
Red		27.30	-	5.90	-	36.10	-	[30]
Orange		12.30	-	11.20	283.90	1513.90	-	[30]
Yellow		3.00	-	4.30	210.80	22.20	-	[30]
Pepper (Habanero)								
Orange	<i>Capsicum chinense</i>	-	-	-	6.87	0.25	-	[30]
Yellow		0.33	-	-	0.90	3.55	-	[30]
Pineapple	<i>Ananas comusus</i>	9.90	-	-	-	-	-	[3]
Pitanga	<i>Eugenia uniflora</i>	2.90	-	16.00	-	-	166.00	[20]
Plum	<i>Prunus domestica</i>	0.4	-	0.1	1.2	-	-	[19]
Pumpkin	<i>Cucurbita maxima</i>	172.20	39.90	-	-	-	-	[3]
Spinach	<i>Spinacia oleracea</i>	365.30	-	-	775.80	15.10	-	[3]
Sweet potato								
Orange		365.03	16.16	-	0.91	-	-	
Yellow	<i>Ipomoea batatas</i>	117.00	8.61	-	-	5.44	-	[31]
Purple		113.86	-	-	-	-	-	
White		90.95	3.30	-	-	20.47	-	
Tomato	<i>Lycopersicum sculentum</i>	16.10	-	-	-	-	19.40 - 46.80	[18,19]
Welsh onion	<i>Allium fistulosum</i>	29.9	-	-	48.5	-	-	[19]
Yellow corn	<i>Zea mays</i>	-	-	1.70	13.10	6.20	-	[3]
Zucchini	<i>Cucurbita pepo</i>	-	-	-	172.00	-	7.00	[3]

^a Total carotenoid content quantified as µg of β-carotene/g. ^b Lutein + zeaxanthin content.