

Online Supplemental Material

Supplementary Table 1. Individual carotenoid contents in salad and scrambled whole eggs

	Lutein (mg)	Zeaxanthin (mg)	α -Carotene (mg)	β -Carotene (mg)	Lycopene (mg)
Salad	3.6 \pm 0.1	4.9 \pm 0.2	2.2 \pm 0.1	8.2 \pm 0.4	3.8 \pm 0.3
75g of scrambled whole eggs	0.2 \pm 0.0	0.4 \pm 0.0	n/d	n/d	n/d
150g of scrambled whole eggs	0.4 \pm 0.0	0.8 \pm 0.1	n/d	n/d	n/d

Results are reported as mean \pm SE. n/d: not detected.