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**The carotenoids of some food stuffs in Saudi Arabia**

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**Abstract**

The present study reports the use of high-performance liquid chromatography for the analysis of fruits (n 12), vegetables (n 14), corn products (n 6) and egg products (n 6) commonly found in Saudi Arabia. The highest content of lutein and  $\beta$ -carotene was found in spinach, and zeaxanthin was high in pepper (orange). © 2010 Informa UK, Ltd.

**Author Keywords**

Food; High-performance liquid chromatography; Vegetables and fruit

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