



ENLIGHTENING CHOICES

Nutrition for a Lighter Lifestyle

Ways to Increase Carotenoid levels

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Do the names, beta-carotene, lycopene, alpha-carotene, leutein and zeaxanthin sound familiar? These are just 5 of the 563 discovered carotenoids available for consumption. Some of us consume a variety fruits and vegetables in our meals and yet are still having a hard time raising our levels of carotenoids in the body. Something you may not have known is that carotenoids are best absorbed in the presence of fat. Here are a couple ideas of ways to increase carotenoid levels in your body by incorporating them in your daily diet.

**Check your supplements and compare the amounts of carotenoids with these healthy foods!

Day One

Breakfast:

1 c. Carrot Juice
1 100 calorie pack Almonds
1 Nectar bar

Day Two

1 Hardboiled egg
1 pack Sunkist dried apricots
6 whole wheat crackers

Day Three

½ Grapefruit
1 c. Cold cereal
½ c. Almond milk

Lunch:

1 c. Vegetable soup
1 Whole wheat roll
1 Tangerine

1 Turkey sandwich
Bagel thins
Tomato
Spinach
Light Laughing Cow spread
1 c. Melon wedges

1sml. Boboli whole wheat pizza
Artichoke hearts
Kalamatta olives
Feta cheese
½ c. Mango slices

Snack:

5 Baby Carrots
5 Baby Bell peppers
1 idv. Sabra Hummus

4 RY Krisp crackers
1 Light Laughing cow spread

10 fresh Edemame
1 sml. Apple

Dinner:

6 oz. Turkey Burger
Whole wheat bun
Lettuce
Tomato
10 Baked Sweet potato fries

6 oz. Baked Chicken
10 Sautéed Green beans
½ c. Orzo

6 oz. Grilled Salmon
1 c. Sautéed spinach
½ c. Rice pilaf

Snack:

Greek yogurt	1 sml. Fruit cup	1 sml. Banana
½ c. Blueberries	1/3 c. Blueberries	2 tbs. Almond butter
1/3 c. Walnuts	1/3 c. Strawberries	
	1/3 c. Pineapple	
	1 sml. Dollop of Low fat, Low sugar whipped cream	

Day Four

Day Five

Day Six

Breakfast:

1c. Cold cereal	2c. Fruit Smoothie	1 Whole wheat English muffin
1/2c. Cranberries	Mixed frozen berries	1tbs. Almond butter
½ sml. Banana	1 Hardboiled egg	½ sml. Banana

Lunch:

Warm Spinach Salad	Sushi	Southwestern Salad
1/3 c. Feta cheese	6 piece California roll	1/3 c. Black beans
1/3 c. Walnuts	1 c. Miso Soup	3 oz. Grilled Chicken
1/3 c. Cranberries	1 c. Shredded Carrot salad	1/3 c. diced peppers
¼ c. Sliced almonds		2 c. Romaine Lettuce
1 lrg. Orange	1 baby Apple	1 lrg. Banana

Snack:

2 lrg. Celery	2 Mini Whole Wheat Pita Pockets	10 red Grapes
1 tbs. Almond Butter	1 idv. Sabra Hummus	10 Monterey Jack cubes
¼ c. raisins		33 chips Multigrain Brown Rice
		Chips with Sesame and Sea Salt

Dinner:

6 oz. Chicken Picatta	6 oz. Tilapia	6 oz. Chicken Scaloppini
1 c. Sautéed Red peppers	1 c. Steamed Asparagus	1 c. Sliced grilled Zucchini
And Green beans	½ c. Brown rice	1 sml. Baked sweet potato
½ c. Quinoa		

Snack:

Fruit Kabobs	1 idv. Microwave Popcorn	Blueberry Clusters
Watermelon	Butter- free	70% Dark chocolate
Cantaloupe	1 c. Mixed Berries	drizzled over
Grapes		1 c. Blueberries
Strawberries		½ c. Broken Walnuts

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