

Title Beta-carotene, lycopene, and alpha-tocopherol contents of selected Thai fruits
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Abstract

A total of 37 varieties of fresh fruits obtained from six representative markets in Bangkok, Thailand, were determined for their beta-carotene, lycopene, and alpha-tocopherol contents using high performance liquid chromatography. Beta-carotene content ranged from undetectable up to 616 µg/100 g of edible portion, lycopene content from undetectable up to 6693 µg/100 g and vitamin E content from not undetectable up to 1.43 mg/100 g. Red watermelon, *Citrullus vulgaris* (“jin-trarah” variety) was the richest source of dietary beta-carotene (1040 µg/serving) and lycopene (11,378 µg/serving), whilst the highest alpha-tocopherol content was found in unripe mango, *Mangifera indica* (“keosawoei” variety) with approximately 0.90 mg/75 g of edible portion, providing 9% of the Thai recommended daily intake of vitamin E.