

VEGGIE METER® Information Guide

What is the VEGGIE METER®?

The Veggie Meter® uses light and pressure to read the carotenoid levels in your skin.

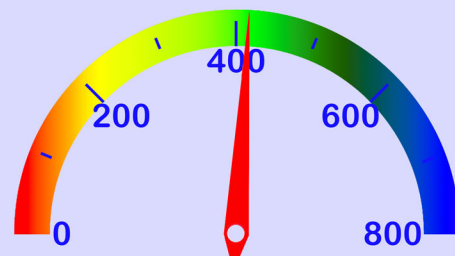
What are carotenoids?

Carotenoids are pigments found in red, orange and yellow fruits and vegetables, as well as leafy green vegetables. Dietary carotenoids play a role in protecting against chronic diseases such as cancer, diabetes and heart disease.

What does my score mean?

Veggie Meter® scores run from **0-800**. A dial gauge and your score, like the example at the top-right of the page, will appear on the screen after your scan. If you are in the **red**, **orange**, or **yellow** areas, you should try to incorporate more fruits and vegetables in your diet. If you are in the **green** or **blue** areas, you are doing a good job of eating a healthy amount of fruits and vegetables.

*Among adults previously scanned with this device, 50% received a score between 216 and 312.



Your Carotenoid Score:

414



Your Score:

Red Orange Yellow
Green Blue



**Pennington Biomedical
Research Center**
Louisiana State University

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Additional Information:

- The Veggie Meter® emits light that interacts with carotenoids in the skin, and the reflected light is analyzed to determine a carotenoid score, which correlates with the amount of carotenoids in the skin.
- The VM score reflects fruit and vegetable intake over 4 - 6 weeks.
- Carotenoids have a characteristic absorption band in the blue wavelength region of the visible light spectrum. The absorption strength scales directly with the concentration of carotenoids present in the skin.
- Using **reflection spectroscopy**, skin carotenoid levels can be objectively measured in a non-invasive rapid fashion. Importantly, the Veggie Meter® corrects for pigmentation from melanin and blood and therefore is accurate across all ethnicities.
- Carotenoids are antioxidants, which are a category of chemicals that occur naturally in foods. Antioxidants in food act as free radical scavengers, neutralizing harmful unstable molecules that can damage cells and potentially contribute to chronic diseases.

Common Carotenoids Include:

Alpha-carotene – carrots, pumpkin, winter squash, collard greens

Beta-carotene – carrots, leafy greens, sweet potato, cantaloupe, pumpkin

Beta-cryptoxanthin – oranges, sweet peppers, carrots, papaya, pumpkin

Lutein/Zeaxanthin – leafy greens, summer/winter squash, Brussels sprouts, yellow corn

Lycopene – tomatoes, grapefruit, watermelon



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