

# Veggie Meter Information Guide

## What is the Veggie Meter?

The Veggie Meter® (VM) is a reflection spectroscopy (RS) device that non-invasively quantifies skin carotenoid levels by shining light and applying pressure to a person's fingertip, thus providing a proxy measure of fruit and vegetable intake.

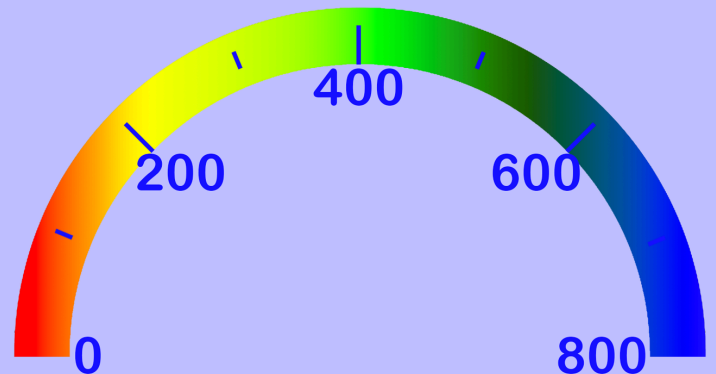
## What are carotenoids?

Carotenoids are naturally occurring pigments found in red, orange, and yellow fruits and vegetables, as well as in leafy greens. They belong to a broader group of compounds known as antioxidants, which help reduce the risk of chronic diseases such as cancer, diabetes and heart disease.

## What does my score mean?

Three scans will be taken on your non-dominant ring finger, after which, a dial gauge and a score (ranging from **0-800**) will appear on the screen. If your average score falls in the **red**, **orange**, or **yellow** areas, you should try to incorporate more fruits and vegetables into your diet. If your score is in the **green** or **blue** areas, you are doing a good job of eating a healthy amount of fruit and vegetables.

*\*Among adults scanned with this device, 50% recieved a score between 209 and 311*



## Your Carotenoid Score

Red • Orange • Yellow • Green • Blue



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## Additional Information

- The Veggie Meter® (VM) 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 the past 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 VM 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, pumpkins, winter squash, collard greens
- **Beta-carotene** – carrots, leafy greens, sweet potatoes, cantaloupe, pumpkins
- **Beta-cryptoxanthin** – oranges, sweet peppers, carrots, papaya, pumpkins
- **Lutein/Zeaxanthin** – leafy greens, summer/winter squash, Brussels sprouts, sweet corn
- **Lycopene** – tomatoes, grapefruit, watermelon



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