

**Table 2: Estimates of daily intake of lycopene from tomatoes and tomato products, as determined from a food-frequency questionnaire<sup>67</sup>**

Product	Serving size	Lycopene intake, mg/d per subject	% of total daily lycopene intake
Tomatoes	200 g	12.70	50.5
Tomato purée	60 mL	1.02	4.1
Tomato paste	30 mL	2.29	9.1
Tomato sauce	227 mL	1.52	6.0
Spaghetti sauce	125 mL	2.44	9.7
Pizza sauce	60 mL	0.66	2.6
Chili sauce	30 mL	0.30	1.2
Tomato ketchup	15 mL	0.53	2.1
Barbecue sauce	30 mL	0.06	0.2
Tomato juice	250 mL	2.20	8.7
Tomato soup	227 mL	0.79	3.1
Clam cocktail	250 mL	0.50	2.0
Bloody Mary mix	156 mL	0.15	0.6
Total		25.16	

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