

# Phytochemicals Chart

<b>Phytochemicals</b>	<b>Their Source</b>	<b>Their Benefits</b>
<i>Carotenoids (over 600 ) especially beta carotene, lycopene</i>	Red, green, yellow, orange fruits and vegetables especially carrots, sweet potatoes, winter squash, tomatoes, citrus, melons, cruciferous vegetables.	Antioxidants; reduce accumulation of plaque in arteries, promote cell differentiation (cancer cells are undifferentiated).
<i>Flavonoids (over 800) especially rutin, hesperidin, and quercetin.</i>	Most fruits and vegetables, especially citrus, onions, apples, grapes, tea.	Antioxidants that block carcinogens, suppress malignant changes, keep collagen healthy. Protect eyes, nerves from inflammation and damage from diabetes: improve symptoms of allergy, asthma, and arthritis.
<i>Ellagic Acid</i>	Strawberries, grapes, raspberries, apples	Neutralise cancer causing chemicals found in tobacco smoke, processed foods, and barbecued meats.
<i>Phenolic Acids</i>	Citrus, whole grains, berries, tomatoes, peppers, parsley, carrots, cruciferous vegetables, squash, yams, most other fruits and vegetables.	Help resist cancer by inhibiting cell proliferation induced by carcinogens in target organs, inhibit platelet activity, decrease inflammation, and act as antioxidants.
<i>Indoles</i>	Cruciferous vegetables, such as broccoli, cabbage, kale	Block cancer-causing substances before they can damage cells.
<i>Isothiocyanates, such as sulforaphane</i>	Cruciferous vegetables	Induce protective enzymes; suppress tumor growth.
<i>Lignans</i>	Flax seeds, berries, whole grains	Antioxidants and insoluble fibers, block or suppress cancerous changes; anti-inflammatory, particularly protective against colon cancer and heart disease.
<i>Saponins</i>	Garlic, onions, legumes, soybeans, maca	Inhibit tumor promoters induced by excessively fatty diet: lower circulating levels of fats.
<i>Protease Inhibitors</i>	All, plants, especially soybeans	Reduce inflammation of arthritis; antiviral and antibacterial; suppress enzyme

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		production in cancer cells, which may slow tumor growth.
<i>Terpenes</i>	Oranges, lemons, grapefruit	Induce protective enzymes, interfere with the action of carcinogens; prevent dental decay; antiulcer activity.
<i>Capsaicin</i>	Hot peppers	Reduce pain sensation; anti-inflammatory; prevents the activation of cancer-causing chemicals.
<i>Coumarins</i>	Soybeans, whole grains, citrus, cruciferous vegetables, cucumbers, squash, melons, parsley, flax seeds, green tea.	Anticancer activists; blood thinners
<i>Isoflavones, such as genistein, daidzein</i>	Soybeans, tofu, soy milk	Antioxidants that block carcinogens, suppress tumor formation, block estrogen from entering cells to reduce risk of breast and ovarian cancer.
<i>Organosulfurs, such as allicin, diallyl disulfide</i>	Garlic, onions, leeks, chives, shallots, scallions	Block or suppress cancer-causing agents; inhibit cholesterol synthesis, boost immunity, prevent infection. Help resist cancer by inhibiting nitrosamine formation and interfering with cancer-causing enzymes.
<i>Phytosterols</i>	Whole grains, legumes, soy.	Compete with natural estrogens that may promote cancer.

Barbara Karafokas, Founder, Conscious Living, Address: P.O. Box 25139, Nicosia 1307, Cyprus.

E.mail: [Barbara@easyconsciousliving.com](mailto:Barbara@easyconsciousliving.com) Tel: + 357 99 682327

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