

Foods to Prevent Diseases

Phytochemicals	Food	Benefit (will decrease)
Ellagic Acid	Grapes	Cardiovascular Risk
Flavonoids	Fruits, Vegetables, Wine	Cancer Risk, #
Indoles	Cruciferous Vegetables	Anticancer, #
Isoflavone	Soybean	Cancer cells, Cholesterol, Alleviate menopause symptoms
Isothiocyanates	Cruciferous Vegetables	Anticancer, #
Lignan	Seeds	Anticancer, Cardiovascular
Lycopene	Tomatoes	Antioxidant, Prostate Cancer
Monoterpenes	Citrus Fruits, Caraway Seeds	Cancer Risk, #
Organosulfur	Garlic, Onions, Leeks, Shallots	Cancer Risk, #
Polychenols	Onions, Garlic, Red Wine, Green Tea	Cardiovascular Risk



#=Decrease the Risk for Obesity, Atonic Constipation, Cancer, Coronary Artery Disease (CAD), Type II Diabetes, Gallstones, and Diseases of the Colon

Cruciferous Vegetables – bok choy, broccoli, Brussel sprouts, cabbage, cauliflower, collards, kale, kolrabi, mustard greens, rutubugas, turnips, turnip greens.