

Phytonutrients

Phytonutrient	Proposed Health Benefits	Food Sources	Facts
Beta-Carotene	Immune System Vision Skin Health Bone Health	Pumpkin, sweet potato, carrots, winter squash, cantaloupe, apricots, spinach, collard greens, kale, broccoli	Beta carotene is in orange and dark, leafy green vegetables
Lycopene	Cancer Heart Health	Tomatoes, pink grapefruit, red peppers, watermelon, tomato products	Cooking foods containing lycopene makes it easier for the body to absorb
Isoflavones	Lowers cholesterol Menopause Cancer Bone Health Joint Inflammation Thyroid function	Soybeans	Can reduce the risk of type 2 diabetes by increasing insulin sensitivity in the tissues Can help lower blood pressure in people with hypertension
Lutein	Eye health Heart health Cancer	Kale, spinach, collard greens, broccoli, lettuce, artichokes, brussels sprouts	Has antioxidant and anti-inflammatory properties
Resveratrol	Heart health Lung health Cancer Inflammation	Red wine, peanuts, grapes, berries	Has antioxidant properties
Anthocyanidins	Blood vessel health	Blueberries, blackberries, plums, cranberries, raspberries, red onions, red potatoes, red radishes, strawberries	Can help prevent inflammation which reduces risk of type 2 diabetes, cardiovascular disease, pulmonary disease, and cancer