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## Phyto Nutrient Chart

“Phyto” means plant. Phytochemicals, known as phytonutrients, are naturally occurring chemicals in plants that give fruits, vegetables, grains, and legumes their medicinal, disease-preventing, health-enhancing properties. Phytonutrients are supercharged antioxidants. The body also produces its own antioxidants. The following is a chart to help you understand the benefits of a health and wellness program. Eating a wide variety of foods each day ensures that we receive the vitamins, minerals, and phytonutrients that we need to prevent disease.

Food Source	Benefit	Phytonutrients
Broccoli, bok choy, cabbage, cauliflower, and radishes	Prevents and treats hormone-based cancers (prostate, cervical, breast and lung)	Indole-3-Carbinols/Sulforaphane
Wasabi, dark, leafy greens	Boosts the body's natural cancer fighting enzymes	Isothiocyanates
Soy, cabbage, whole grain, flaxseeds, legumes, lychee fruit, passion fruit, and some types of berries	Prevents and treats arthritis and asthma, relieves premenstrual and menopause symptoms, prevents osteoporosis and regulates mood	Phytoestrogens, Genistein, Daidzein, Equol, Enterolactone, and Lignans
Fresh fruit in general, green apples and pears are highest, aronia berry	Treats diabetes and high blood pressure	Pectin, Fiber
Chili Peppers and horseradish	Lowers cholesterol, relieves arthritis symptoms (pain and inflammation), stimulates metabolism and helps to detoxify the liver	Capsaicin, Isoflavonoids
Dry beans, oats, oat bran, and fruit	Regulates the pancreas and strengthens the intestines	Soluble Fiber, Lignins
Peanuts, red grapes (with seeds), cranberries, blueberries	Lowers cholesterol, fights tumor development and progression	Resveratrol
Soy beans, cabbage	Hormone regulators that protect the receptors	Isoflavonoids
Citrus, tea, red wine, apricots, blackberries, black currants, broccoli, camucamu, cantaloupes, cherries, bilberry, grapefruits, and grapes	Lower cholesterol and strengthens cardiovascular system	Bioflavonoids
Tomatoes, watermelon, pink grapefruit, apricots, pomegranate, strawberries, and raspberries contains the highest amount of Ellagic acid	Prevents and treats hormone based cancer, prevents heart disease, and reduces sun damage by 40%	Lycopene/Ellagic Acid
Onions, garlic, shallots, leeks, and chives	Inhibits growth of cancer cells, protects against stomach and colorectal cancer, and lowers cholesterol	Allium Compounds
Citrus fruit (pulp, white pith and membranes contain the highest amount of Limonene)	Potent tumor fighter, inhibits blood clots, has anti-inflammatory properties	Limonene
Acai, evening primrose, borage and black currants, cold water fish (salmon)	Stabilizes connective tissue in the skin, promotes a firm and plump complexion, and protects arteries	Dimethylaminorthanol/Omega 3 Fatty Acids
Apples, nuts, black and green tea, dark chocolate, onions, and raspberries	Prevents stroke, protects arteries from plaque build up, protects against cholesterol damage and prevents blood clots	Catechins/Polyphenols
Acai, blueberries, cherries, cranberries, raspberries, prunes, strawberries, red and purple concord grapes, pomegranate, and purple cabbage	Prevents age related mental decline, treats arthritis symptoms (inflammation and pain), prevents gout, strengthens cardiovascular system, prevents heart disease and cancer	Anthocyanins
Onions, broccoli, apples, grape, juice, red wine, and tea	Prevents clotting disorders, reduces injury/stress-related trauma, prevents cancer of the gastrointestinal tract	Quercetin
Kale, collards, spinach, beets, and turnip greens/green veggies, wolfberry, kiwi, citrus, and egg	Filters the sun's UV rays and prevents molecular degeneration	Lutein/Zeaxanthin
Celery, parsley, herbs and spices (basil, rosemary, oregano)	Reduces anxiety, protects against UV radiation, anti-inflammatory, and may be the cure for ovarian cancer	Apigenin