

# PHYTOCHEMICALS FOUND IN FRUITS



**FRUITS**

CAROTENOIDS				FLAVONOIDS				SULPHORAPHANE	LIMONENE	INDOLES	ELLAGIC ACID	ALLIUM COMPOUNDS
beta-carotene	lutein	lycopene	zeaxanthin	resveratrol	anthocyanins	quercetins	hesperidin	tangeritin				

apples													
apricots													
blackberries													
blueberries													
cantaloupe													
cherries													
currants													
grapefruits													
kiwifruit													
limes													
mangoes													
oranges													
papaya													
pears													
pink grapefruit													
plums													
prunes													
raisins													
raspberries													
red grapes													
strawberries													
tangerines													
watermelon													

● **vegetables**

[print phytochemicals summary](#) ●

[print phytochemicals chart](#) ●