

PHYTOCHEMICALS FOUND IN VEGETABLES



VEGETABLES

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

bok choy													
broccoli													
broccoli sprouts													
brussel sprouts													
cabbage													
carrots													
cauliflower													
chives													
collard greens													
corn													
garlic													
kale													
leaf lettuce													
leeks													
onions													
pumpkins													
red peppers													
romaine lettuce													
scallions													
spinach													
sweet potatoes													
Swiss chard													
tomatoes													
turnips													
watercress													
winter squash													

● fruits

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