

Phytochemicals What You Should Know A Quick Booklet About Phytonutrients

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Summary:

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What Are Phytochemicals? Discovering Their Health Benefits The distinction between phytochemicals and phytonutrients is an important one, as not all phytochemicals are beneficial. Technically, cocaine, codeine, oxycodone, and nicotine are all phytochemicals. Even ricin, one of the most deadly and potent poisons in the world, is a phytochemical. **What Are Phytonutrients? Types and Food Sources - WebMD** These are called phytonutrients or phytochemicals. "Phyto" refers to the Greek word for plant. These chemicals help protect plants from germs, fungi, bugs, and other threats. **Phytochemicals and cancer: What you should know | MD ...** **Phytochemicals, also called phytonutrients, are the potentially helpful compounds found in plant foods. They may help prevent chronic diseases, including cancer. These can be found in vegetables, fruits, beans, grains, nuts and seeds.**

Phytochemicals: What You Should Know - A Quick Booklet ... Phytochemicals are bioactive compounds found in natural sources, particularly in plant foods. These elements work with the existing nutrients and fiber in fruits and vegetables to boost the body's immune system to make it resistant to diseases and infections. **Foods Containing Phytochemicals - breastcancer.org** Because these phytochemicals are in the fruits, vegetables, beans, and grains you eat, it's fairly easy to include them in your diet. A carrot, for example, has more than 100 phytochemicals. Nutrition researchers estimate that more than 4,000 phytochemicals have been identified, but only about 150 have been studied in depth. **How Phytochemicals Help Boost Your Health - gundrymd.com** So, wherever you can find a plant or plant-based food, you can find phytochemicals. And while many fruits and vegetables contain phytochemicals (aka phytonutrients), they aren't the only plant-based foods full of helpful phytonutrients.

What Are Phytochemicals and How Do They Affect Your Health ... The newest thing in nutrition is phytochemicals - substances that produce many of the beneficial effects associated with a diet that includes lots of fruits, vegetables, beans, and grains. If you've been eating plant-based food all your life you've been getting plenty of phytochemicals without knowing it.

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