

## Functional Foods

Foods that provide health benefits beyond basic nutrition are called “functional foods.” Functional foods do more than meet your minimum daily requirements of nutrients. They can also play roles in reducing the risk of disease and promoting good health.

Phytochemical	Sources	Potential Health Benefit
Allylic sulfides	Garlic, chives, leeks, onions, shallots	Detoxifies; offers cancer resistance; antiviral properties
Beta-carotene	Apricots, carrots, squash, peaches	Enhances immunity; helps prevent cataracts; slows cancer progression
Catechins	Green and black teas, chocolate	Reduces risk of cancer
Diadzein	Soybeans, tofu	Prevents estrogen from binding to receptors; has anticancer potential
Ellagic acid	Blackberries, cranberries, grapes, strawberries, walnuts	Provides antioxidants
Genistein	Tofu, soymilk, soybeans	Inhibits tumor growth; protects against heart disease
Isothiocyanates	Cruciferous vegetables (broccoli, kale, cabbage, cauliflower)	Reduces risk of cancer
Lutein	Spinach, collard greens, kale	Protects against age-related eye disease; decreases risk for lung disease
Lycopene	Tomatoes, kiwifruit	Reduces risk of prostate cancer
Monoterpenes	Orange and citrus oils, kale	Slows growth of cancer cells
Omega-3 fatty acids	Fish oil (mackerel, salmon, trout)	Reduces risk of heart disease
Proanthocyanidins	Cranberries, cranberry products, cocoa, chocolate	Improves urinary tract health; reduces risk of cardiovascular disease
Resveratrol	Grapes, red wine, peanuts	Lowers blood pressure and risk of heart disease
Saponins	Soybeans, soy foods	Helps to lower LDL cholesterol; controls blood sugars; prevents cancer
Zeaxanthin	Arugula, collards, horseradish, yellow corn, mustard, sorrel	Provides antioxidants; boosts immune function