



As early as 1980, the National Cancer Institute Chemoprevention Program of the Division of Cancer Prevention and Control began evaluating phytochemicals for preventing and treating diseases. Researchers have long known that there are phytochemicals present for protection in plants, but it has only been recently that they are being recommended for protection against human diseases.

There are currently seven families of phytochemicals: carotenoids, flavonoids, phenolic compounds, sulphoraphane, limonene, indoles, and allium. The best way to get a variety of phytochemicals is to eat a variety of fruits and vegetables. A good rule of thumb is that if a fruit or vegetable is a bright color, such as yellow, orange, green, purple, blue, or red, it traditionally has a lot of nutrients as well as a high phytochemical count.

While the best way to get protective phytochemicals is to eat 5-9 servings per day, many individuals turn to supplementation to increase their phytochemical intake. However, this tends to add high doses of only one or two phytochemicals and can be ineffective or even unsafe. In contrast, colorful fruits and vegetables contain hundreds of phytochemicals that work together to promote health and prevent disease. Absorption and effectiveness is also increased when eating fruits and vegetables.

For more information on phytochemicals and fruits and vegetables, go to www.dole5aday.com.

Limonene



Phenolic Compounds



Allium



Flavonoids



Indoles



Carotenoids Sulphoraphan



Don't forget these other great resources:
Your Nurse Line Chat, Audio Health Information Library^o, and www.spectrumhs.com for links to reliable health information.