PHYTOCHEMICALS
phytochemicals are chemical compounds naturally occurring in plants which have health benefits when consumed from whole foods

Flavonoids
Dietary intake may: decrease risk for certain cancers; be antiviral, antioxidant and anti-inflammatory; decrease blood pressure; and improve insulin sensitivity
- citrus
- apples
- beans
- berries
- tea

Sulfides & Thiols
Lower LDL ("bad") cholesterol
- cruciferous veggies
- garlic
- onions
- olives

Carotenoids
Decrease risk of heart disease
- carrots
- sweet potatoes
- tomatoes
- mango

Quercetin
Decreases: blood pressure; LDL cholesterol oxidation; inflammation
- dark leafy greens
- oranges
- apples
- lemons

To learn more about health and wellness at MIT, visit: www.mitpe.mit.edu

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