

Phytochemicals in health and disease

Marcel Dekker - Phytochemicals (Lesson 11)



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Fill up on phytochemicals

Because it is hypothesized that the beneficial health effects observed from phytochemicals are related to the synergistic mixture of phytochemicals and other nutrients found in whole foods and its components, consumption of variety of plant-based foods is encouraged. Soluble fiber may help lower serum cholesterol and control blood sugar.

Phytochemicals and gut microbiota in health and disease

Phytochemicals are present in small amounts in the food supply, and although thousands have been and are currently being scientifically studied, their health benefits remain largely unknown. Some of these include antiviral, anti-inflammatory, cytotoxic, antimicrobial, and antioxidant effects 4.

What Are Phytochemicals and How Do They Affect Your Health?

Soybeans, especially the outer hull, are an excellent source of dietary fiber six grams fiber per one cup cooked. Garlic, onions, leeks, olives, and scallions contain phytochemicals compound called sulfides and thiols.

Phytochemicals

It can also be used as an alternative to yogurt or soft cheese. Lycopene is less available in raw tomato products. Barley, beans, lentils, and rice are also tannins sources.

Cancer Diet: Phytochemicals

Inositol Phytic acid is a type of inositol. It is largely accepted that the additive effects of the combinations of various phytochemicals in whole plant-based foods are shown to have stronger protective actions than single, isolated phytochemical compounds 11.

15 Proven Health Benefits of Phytochemicals (#1 Top)

An Association Map on the Effect of Flavonoids on the Signaling Pathways in Colorectal Cancer.

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Resveratrol is found in grapes, pistachios, blueberries, cranberries, , lingonberries, and even dark chocolate. Can we help guide you? Based on their chemical structure, phytochemicals can be divided into 3 general groups. Cranberries have been used to treat urinary tract infections, but recent research shows that they may also be useful for preventing breast cancer and reduce stomach ulcers.

Phytochemicals and their Potential Health Benefits

Even ricin, one of the most deadly and potent poisons in the world, is a phytochemical. Furthermore, the efficacy and long-term safety of many bioactive compounds as , especially at pharmacologic doses, requires further study. It may prevent macular degeneration and cataracts as well as reduce the risk of heart disease and breast cancer.

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