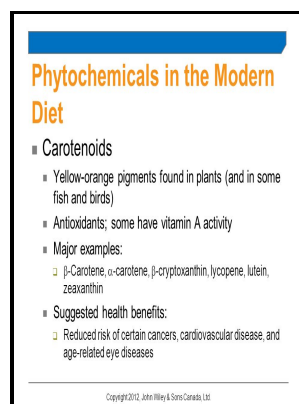


# Phytochemicals in health and disease

Marcel Dekker - What Are Phytochemicals and How Do They Affect Your Health?



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-  
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Soviet Union -- Economic conditions -- Statistics.  
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## Phytonutrients: Types, Food Sources, Antioxidants, and Other Benefits

As phytochemicals are secondary metabolites that are synthesized after the growth ceases, the immobilization of plant cells, which is compatible with the non-growth-associated product formation, can stabilize the productive biocatalyst for extended production of the phytochemicals. Phytochemicals are present in almost all fruits and vegetables as well as in legumes, grains, seeds, nuts and tea. Reactive oxygen species are thought to cause degenerative changes seen in chronic diseases of aging such as hypertension, heart disease and cancer.

## Phytochemicals

Prevention of potentially harmful DNA replication. Several phytochemicals also have been shown to interfere with tumor promotion, inhibiting the survival and expansion of established cancer cells.

## Cancer Diet: Phytochemicals

Currently, there is no official recommended daily allowance for phytochemicals but regularly consuming a variety of fruits and vegetables will ensure you receive a steady, diverse supply. Ellagic acid is another phytochemical present in berries. Polyphenols and disease risk in epidemiologic studies.

## What Are Phytochemicals and How Do They Affect Your Health?

Many of the conclusions drawn based on these studies support increased intake of photochemicals for combating chronic diseases.

## Get PDF Phytochemicals in health and disease

Glucosinolates have also been associated with cancer prevention. About 10,000 different phytochemicals have been identified, and many still remain unknown 1.

## Foods Containing Phytochemicals

Pistachios are surprisingly high in these phytonutrients as well.

### **15 Proven Health Benefits of Phytochemicals (#1 Top)**

However, this has not been proven in human studies. There are more than 600 carotenoids, and they must be consumed through foods and sources of fat.

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