

## Phytochemical-Rich Foods

| Phytochemical   | Where Found  |
|---|--|
| Beta-carotene   | Carrots, sweet potatoes, pumpkin, winter squash, cantaloupe, mango, papaya |
| Lutein  | Green Vegetables   |
| Lycopene  | Tomatoes   |
| Vitamin C   | Citrus, Leafy green vegetables, broccoli, tomato, strawberries, melon      |
| Vitamin E   | Vegetable Oils, Whole Grains   |
| Selenium  | Plant foods from high-selenium soil  |
| Isothiocyanates <ul style="list-style-type: none"><li>• Indole-3-Carbinol</li></ul> | Cruciferous vegetables   |
| Allium Compounds  | Onion, garlic, leeks, chives   |
| Coumarin  | Citrus   |
| d-Limonene  | Oil from peel of citrus fruit  |
| Quercetin   | Red wine, tea  |