

**PHYTO-  
CHEMICAL**

**WHAT IT APPEARS  
TO DO**

**BEST FOOD  
SOURCES**

**Isoflavones  
(also known  
as phyto-  
estrogens)**

**Reduce risk of breast  
and ovarian cancer, and  
osteoporosis; also relieve  
hot flashes**

**Soybeans and  
dried beans**

**Flavonoids**

**Reduce risk of heart  
disease by decreasing  
oxidation of LDL  
cholesterol**

**Red wine,  
apples, celery,  
cranberries,  
grapes, black  
and green tea,  
onions**

**Lutein and  
zeaxanthin  
(found  
together in  
foods)**

**Reduce risk for macular  
degeneration, the  
leading cause of  
blindness in older  
people**

**Yellow, orange,  
and dark green  
leafy vegetables**

**Ellagic acid**

**Protects against  
carcinogens found in  
tobacco and  
environmental  
pollutants**

**Grapes,  
strawberries,  
raspberries**

**Allyl sulfides**

**Reduce cancer risk by  
helping to neutralize  
carcinogens; also may  
interfere with  
reproduction of tumor  
cells**

**Garlic, onions,  
leeks, chives**