



## Phytochemicals: What You Should Know - A Quick Booklet about Phytonutrients

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By Sarah Sparrow

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Phytochemicals are bioactive compounds found in natural sources, particularly in plant foods. These elements work with the existing nutrients and fiber in fruits and vegetables to boost the body's immune system to make it resistant to diseases and infections. Filling up one's diet with fruits and vegetables that are rich in phytochemicals lowers the risk of developing chronic diseases like cancer, heart diseases, and diabetes. Its antioxidant properties also help in protecting the body from free radicals in the environment and the food we eat. As cancer-causing agents are deactivated and controlled, you can live a healthier and happier life. If you want to know more about phytochemicals and its effects on the body then Phytochemicals: What You Should Know - A Quick Booklet about Phytonutrients help you learn about: How Phytochemicals Work Most Common Phytochemicals Found in Fruits and Vegetables Carotenoids Flavonoids Sulphoraphane Limonene Indoles Allium Compound Characteristics and Colors of Phytochemicals in Fruits and Veggies Red Green Blue and Purple Yellow and Orange White/ Brown/ Tan A to Z of Fruits and Vegetables that...



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