

## Phytochemicals “The Healing Foods of Our Time”

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There has been much talk about health foods, organic foods, low-fat foods, raw foods, unprocessed foods, and chemically treated foods over this past decade. It is no wonder that the general public along with health professionals alike is being bombarded with information, and often times find it difficult to discern fact from fiction. The newest classes of foods that are “the rage” are the nutraceutical or phytochemical class of foods that appear to have anti-cancer, anti-aging and heart protective properties.

There are a multitude of foods found in each category but the ones I will discuss in this article are the “Top Ten” special anticancer phytochemicals.

**FLAX:** contains lignins and is also rich in omega 3 fatty acids. It can be found in the form of seeds, ground or oil. Best if used ground and not whole seeds for the most potent effect. Suggested dose=3 tlb. per day.



**SOY:** contains isoflavones which are high in phytochemical compounds. Found in tofu and veggie burger, edamame and soy based products such as milk and cheese.

**WHEAT GERM:** found in a jar in the cereal section of your neighborhood grocery store. Contains phytates which have been shown to reduce certain cancers. This product is wonderful sprinkled in cereals, on berries, yogurt or in smoothies.

**BROCCOLI:** a vegetable that most children are known to love. Steam it, bake it, broil it, puree it, grill it, stir-fry it or eat it raw. It is a cruciferous vegetable, as is cauliflower, and has isothiocyanates, dithiolthiones, and indoles as their phytochemical properties.



**TOMATOES:** contain lycopenes and are most potent in their phytochemical form when broken down such as when found in tomato sauce, salsa and tomato paste. They are also rich in gamma carotenes.

**CARROTS:** contain phtalides and polyacetylenes and are very high in Vitamin A which is one of our favorite vitamins loaded with beta-carotene. If you buy a juicer, there is nothing more refreshing than a glass of apple-carrot juice in the middle of the day to boost your energy and nutrition.

**TANGERINES:** all citrus fruits are not alike. The tangerine is very high in phytochemical properties known as limonoids and beta-cryptoxanthin. Tangerine-orange juice can be mixed at home or bought in the store to boost your phytochemicals and Vitamin C.



# NUTRITIONAL HEALING *for Health & Well-Being*

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**STRAWBERRIES:** contain ellagic acid which has very powerful phytochemical properties. The seeds also contribute fiber and the fruit gives us Vitamin C. Berries are a great way to flavor your favorite cereal or just eat alone for a nutritious snack.

**GREEN TEA:** has received wide acclaim for the antioxidant properties it has. It also contains catechins and is readily available at supermarkets and most shops which stock teas.



**GARLIC:** Years ago in ancient Italy garlic was thought to have medicinal properties. When someone got sick, they would wear garlic around their neck to ward off evil spirits and get well. While I don't suggest wearing garlic, I do suggest adding it to your soups and sauces, vegetables and using it as a staple in your diet. It contains allicin which has powerful phytochemical properties.

So here you have them, the **top ten foods to add to your diet** and **enhance your phytochemical intake** on a daily basis. Be creative and find new and innovative ways to use these foods and beverages as staples in your every day life.

