

# Summary

Phytochemicals are certain organic components of plants which scientists have isolated as being beneficial to human health in a different way from traditional antioxidants. The bioactive non nutrient plant compounds in fruit, vegetables, grains, and other plant foods—have been linked to reductions in the risk of major chronic diseases. Nutraceutical - specific chemical compounds in food, including vitamins and additives, that may aid in preventing disease. Lycopene is a bright red carotene and carotenoid pigment and phytochemical found in tomatoes and other red fruits and vegetables, such as red carrots. Isoflavones, found in soy, imitate human estrogens and help to reduce menopausal symptoms and osteoporosis. Highest activity found in these foods: Highest anticancer activity can be found in garlic, soybeans, cabbage, ginger, licorice root, and the umbelliferous vegetables. Additional foods found to have cancer protective activity: onions, flax, citrus, tumeric , cruciferous veggies, tomatoes, sweet peppers and brown rice.