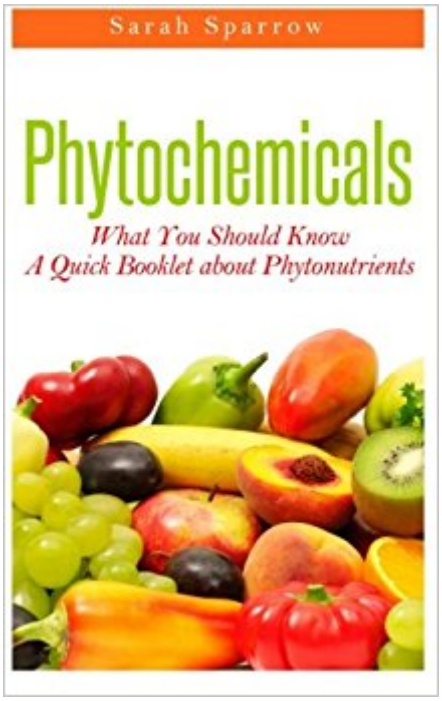
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Phytochemicals: What You Should Know - A Quick Booklet About Phytonutrients



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Synopsis

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 bodyÃ¢â ¬â„¢s immune system to make it resistant to diseases and infections. Filling up oneÃ¢â ¬â„¢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 Ã¢â ¬Å“Phytochemicals: What You Should Know - A Quick Booklet about PhytonutrientsÃ¢â ¬Â• 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 are Rich in Phytochemicals Benefits of Phytochemicals Variety Matters Food Processing and Phytochemicals Phytochemicals as Protection from Diseases Get a copy of this book today and discover how phytochemicals can help you live a healthier life.

Book Information

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Customer Reviews

Great source of information and clarity.Helpful and easy to follow.I wish it could have provided more information on how the foods gets its colors.

This short booklet provides an excellent summary of the usefulness of phytochemicals and the foods that contain them. It condenses the information into a very usable reference and explains how to estimate likely benefits of a fruit or vegetable by its color.Phytochemicals: What You Should Know - A Quick Booklet about Phytonutrients

Seems to me that anyone reading this "Quick Booklet," as the author calls it, would want to increase the amount of produce they eat, if they don’t already eat plenty. The benefits of phytochemicals in vegetables and fruits are amazing, and Sarah Sparrow does a good job of summarizing them so that everyone can understand!

concise overview of the different categories of phytochemicals

This book was easy to read and understand. I have some health issues related to diet and I plan to use what I learned here to tackle the problem.

it made interested in knowing more about Phytochemicals

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