

Food Pharmacy

A potpourri of naturally occurring substances that may fight disease

<u>Active Food Component</u>	<u>Possible Disease Fighting Properties</u>	<u>Found In These Foods</u>
1. Allylic Sulfides	1. Inhibits cholesterol synthesis and protects against carcinogens	1. Aged garlic extract
2. Alpha-Linolenic Acid	2. Reduces inflammation and stimulates the immune system	2. Flaxseed, soy products, purslane, walnuts
3. Carotenoids	3. Antioxidants that protect against cancer and may help reduce accumulation of plaque	3. Parsley, carrots, winter squash, sweet potatoes, yams, cantaloupe, apricots, spinach, kale, turnip greens, citrus fruits
4. Catechins	4. Studies have linked catechins to low rates of gastrointestinal cancer; may aid the immune system and lower cholesterol	4. Green tea, berries
5. Coumarins	5. Prevents blood clotting and may have anti-cancerous properties	5. Parsley, carrots, citrus fruits
6. Flavanoids	6. Block receptor sites for certain hormones involved in cancer	6. Parsley, carrots, citrus fruits, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, soy products, berries
7. Gamma-Glutaryl Allylic Cysteins	7. May have a role in lowering blood pressure and elevating immune system activities	7. Aged garlic extract
8. Indoles	8. Induce protective enzymes that deactivate estrogen	8. Cabbage, brussels sprouts, kale
9. Isothiocyanates	9. Powerful inducers of protective enzymes	9. Mustard, horseradish, radishes
10. Limonoids	10. Powerful inducers of protective enzymes	10. Citrus fruits

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11. Monoterpenes	11. Cancer fighting antioxidants that inhibit cholesterol production and aid protective enzymes	11. Parsley, carrots, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, mint, basil, citrus fruits
12. Phenolic Acids	12. May help the body resist cancer by inhibiting nitrosamine formation and affecting enzyme activity	12. Parsley, carrots, broccoli, cabbage, tomatoes, eggplant, peppers, citrus fruits, whole grains, berries
13. Phthalides	13. Stimulate the production of beneficial enzymes that detoxify carcinogens	13. Parsley, carrots, celery
14. Plant Sterols	14. Block estrogen promotion of breast cancer activity, help block absorption of cholesterol	14. Broccoli, cabbage, cucumbers, squash, yams, tomatoes, peppers, soy products, whole grains, eggplant
15. Polyacetylenes	15. Protect against certain carcinogens found in tobacco smoke and help regulate prostaglandin production	15. Parsley, carrots, celery
16. Triterpenoids	16. Prevents dental decay and acts as an anti-ulcer agent; binds to estrogen and inhibits cancer by suppressing wanted enzyme activity	16. Citrus fruits, licorice-root extract, soy products

		<u>Cal</u>	<u>Fat(gm)</u>	<u>soluble fiber(gm)</u>	
1.	Black-eyed peas	1 cup	266	0	7.4
2.	Green Peas	1 cup	136	0	5.4
3.	Kidney beans	1 cup	284	0	5.0
4.	Pinto Beans	1 cup	310	0	4.6
5.	Lentils	1 cup	234	0	3.4
6.	Split Peas	1 cup	238	0	3.4
7.	Corn	1 cup	180	2	3.4
8.	Sweet Potato	1 cup	208	0	2.6
9.	Cauliflower	1 cup	30	0	2.6
10.	All Bran	1/2 cup	106	1	2.5
11.	Oat Bran, dry	1/3 cup	110	2	2.0
12.	Prunes	1/4 cup	113	0	1.9
13.	Oat Bran Muffin	1	154	4	1.6
14.	Oatmeal, cooked	1 cup	146	2	1.6
15.	Pear	1	98	0	1.1
16.	Apple	1	81	0	0.9