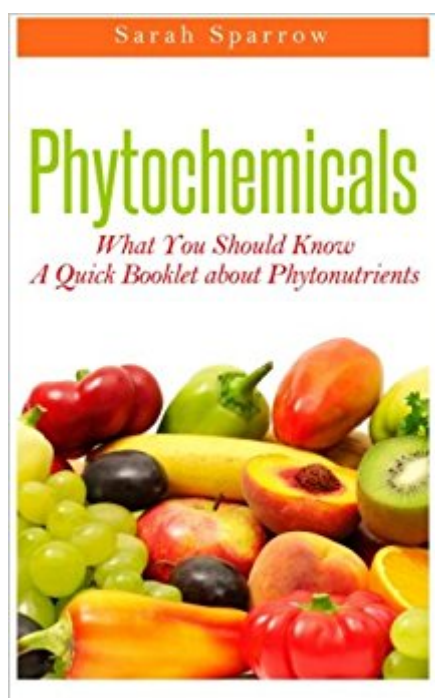


The book was found

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



## 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 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 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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Phytochemicals: What You Should Know - A Quick Booklet about Phytonutrients A Quick Read on What You Should Know about Colon Cancer and how to Prevent it: Detailed, but in laymans's terms (What you should know about your health ... care of yourself; in layman's terms Book 1) 50 Sculptures You Should Know (You Should Know (Prestel)) 25 Bridge Conventions You Should Know - Part 1: Learn These First (25 Bridge Conventions You Should Know - eBook Edition) Recipes Every College Student Should Know (Stuff You Should Know) Stuff Every Man Should Know (Stuff You Should Know) Insults Every Man Should Know (Stuff You Should Know) Jokes Every Man Should Know (Stuff You Should Know) Dirty Jokes Every Man Should Know (Stuff You Should Know) Stuff Every Husband Should Know (Stuff You Should Know) Stuff Every College Student Should Know (Stuff You Should Know) The Candida Control Cookbook: What You Should Know and What You Should Eat to Manage Yeast Infections (New Revised & Updated Edition) The Big Book of Words You Should Know: Over 3,000 Words Every Person Should be Able to Use (And a few that you probably shouldn't) 100 Things Washington Fans Should Know & Do Before They Die (100 Things...Fans Should Know) 100 Things Cardinals Fans Should Know & Do Before They Die (100 Things...Fans Should Know) 100 Things Chiefs Fans Should Know & Do Before They Die (100 Things...Fans Should Know) 100 Things Blues Fans Should Know & Do Before They Die (100

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