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LIA Lifestyle Instruction Aid

**a25. Where do we find phase 2 protein inducers in our diet**

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<b>Where do we find Phase 2 protein inducers in our diet?</b>	
These foods help normalise diabetes and help protect us against cancer.	
Kaempferol (a flavonoids)[70]	kale, cauliflower, leek, horseradish [71], gooseberries, strawberries [72]
Flavonoids	blueberries, cranberries, bilberries [73]
Ellagic Acid [74]	strawberries, raspberries/blackberries
Silibinin (a flavolignan)	milk thistle fruit [75]
Curcumin (a polyphenolic)	tumeric [76, 77]
Sulforaphane [78](a metabolite of glucoraphanin)	crucifers, (sprouts of certain broccoli cultivars)
Diallyl Sulfide [79]	garlic
Quersetin [80] (an isoflavone)	onions, bilberries, cranberries, lower levels found in apples, cherries, chokecherries, sea buckthorn berries, currants

**References**

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