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a5. Food Effects

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| <u>Nutrient</u> | <u>FOOD</u> | <u>EFFECTS</u> |
|------------------------|--|--|
| isoflavones | beans | Inhibits estrogen metabolized from penetrating cell membranes in breast and ovarian tissue; thus, it may decrease the risk incidence of cancer in these tissues. |
| limonene | citrus fruit | antioxidant |
| lutein | spinach, romaine lettuce, red peppers, collard greens, Swiss chard, mustard greens, okra | carotenoids with antioxidant properties that have been shown to reduce the incidence of cataracts |
| lycopene | watermelon, guave, pink grapefruit, tomatoes | carotenoid and antioxidant which, in at least one study, was found to be twice as powerful as beta carotene, and has been shown to be especially beneficial in cancers of the digestive tract. Interestingly, this chemical is quite stable and is much higher in canned tomato juices, pastes, and sauces than in raw tomatoes. |
| oltpiraz | cabbage and other cruciferous vegetables | antioxidant which stimulates glutathione production |
| p-coumaric acid | tomatoes, bell peppers, pineapple, strawberries | blocks nitrosamine formation |

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| phenethyl isothiocyanates | cruciferous vegetables | antioxidant especially good at protection DNA; reduces estrogen to the nontoxic metabolite estradiol |
| phytosterols | beans | May inhibit some types of colon cancer by a mechanism that is not yet fully understood. |
| sulforaphane | broccoli, brussels sprouts, cauliflower, kale | antioxidant which in animal studies has very powerful at reducing breast cancer in animals |
| zeaxanthin | spinach, romaine lettuce, red peppers, collard greens, Swiss chard, mustard greens, okra | Carotenoids with antioxidant properties that have been shown to reduce the incidence of cataracts. |

Chlorophyll, which is found in all green vegetables, is turning out to also have anti carcinogenic properties. Finally, all fruits and vegetables contain members of the Flavonoid family, which is a large family of compounds that have been shown to have anti-inflammatory, immune-stimulating, and antioxidant properties. There are hundreds, possibly thousands, of Flavonoid waiting to be discovered.