

**Food**

Miso, Red Clover, Soy Beans (roasted & edamame), Soy Milk, Tempeh, Tofu

Acai, Bilberries, Blackberries, Blackcurrants, Black Raspberries, Black Rice, Blueberries, Cherries, Chokeberries, Cranberries, Eggplant, Oranges, Purple Corn, Raspberries, Redcurrants, Red Cabbage, Red Grapes, Red Wine, Strawberries

Cocoa, Grape Extracts, Grape Juice, Red Wine

Garlic, Leeks, Olives, Onions, Scallions

Apricots, Cantaloupe, Carrots, Cayenne & Chili peppers, Collard Greens, Dandelion Greens, Egg Yolks, Guava, Kale, Mangoes, Milk, Papaya, Pink Grapefruit, Pumpkin, Red Peppers, Salmon, Shellfish, Spinach, Squash, Sweet Potatoes, Tomatoes and Tomato products, Turnip Greens, Watermelon

Broccoli and other cruciferous vegetables such as Arugula, Bok Choi, Brussels Sprouts, Cabbage (green & red), Collard Greens, Cauliflower, Daikon, Garden Cress, Horseradish, Kale, Kohlrabi, Komatsuna, Mizuna, Mustard Greens, Mustard Seeds, Napa Cabbage, Radishes, Rapeseed, Rutabaga, Turnips, Wasabi, Watercress

Barley Bran, Broccoli, Flax Seeds, Kale, Oate Bran, Red Wine, Rye Bran, Sesame Seeds, Soybeans, Wheat Bran

Chinese Bitter Orange, Grapefruit, Lemons, Limes, Sweet Oranges, Tangelos, Tangerine, Tomatoes

**Phytochemical**

Isoflavones (Genistein and Daidzein)

Anthocyanins

Proanthocyanidins and flavan-3-ols

Sulfides, thiols

Carotenoids such as lycopene, beta-carotenes

Isothiocyanates (sulforaphane)

Lignans

Naringenin

**Possible Benefit**

A reduction in blood pressure and increased vessel dilation

Improvement of vision, inhibition of nitric oxide production, induction of apoptosis, decreased platelet aggregation, and neuroprotective effects

Inhibition of LDL oxidation, inhibition of cellular oxygenases, and inhibition of proinflammatory responses in the arterial wall

Decrease in LDL cholesterol

Neutralization of free radicals that cause cell damage

Neutralization of free radicals that cause cell damage and protection against some cancers

Antioxidant properties; also bind to estrogen receptors and decrease the cancer-promoting effects of excess estrogen on breast tissue

Antioxidant and lipid lowering properties