

Phytochemicals and their health benefits

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<https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-3-5> 12 May

2004 ... Different **phytochemicals** have been found to possess a range of activities, which may help in protecting against chronic disease. For example, ...

2. [Apple phytochemicals and their health benefits. - NCBI](#)

<https://www.ncbi.nlm.nih.gov/pubmed/15140261>

In the laboratory, apples have been found to have very strong antioxidant activity, inhibit cancer cell proliferation, decrease lipid oxidation, and lower cholesterol.

3. [Phytochemicals' Role in Good Health - Today's Dietitian](#)

<https://www.todaysdietitian.com/newarchives/090313p70.shtml>

As mentioned, research on specific **phytochemicals** in foods and **their effects** on disease risk is limited, but **there's** enough evidence—mostly from looking at the ...

4. [Fill up on phytochemicals - Harvard Health](#)

<https://www.health.harvard.edu/staying-healthy/fill-up-on-phytochemicals> 1 Feb

2019 ... **Phytochemicals** are compounds found in plants that may **benefit** human ... seeds, and legumes) that contribute to **their** color, taste, and smell.

5. [Health benefits of fruit and vegetables are from additive and ...](#)

<https://academic.oup.com/ajcn/article/78/3/517S/4689990>

Phytochemicals—the bioactive nonnutrient ... **their health benefits** are fully understood.

6. [Antioxidants and Phytochemicals - American Institute for ...](#)

<https://www.aicr.org/resources/blog/healthtalk-whats-the-difference-between-an-antioxidant-and-a-phytochemical/> 16 Nov 2015 ... Q: What's the difference between antioxidants and **phytochemicals**? ... A balance between antioxidants and free radicals in our body is important for **health**. ... neutralizing free radicals and removing **their** power to create damage. ... however , lab test results don't accurately depict **effects** in the body. In fact ...

7. [Characteristics and Health Benefits of Phytochemicals ...](#)

<https://www.karger.com/Article/Fulltext/444063> 4 Feb 2016 ... Currently **there** are no recommended levels of intake for **phytochemicals**. An appropriate framework is still needed for establishing **their** ...

8. [Characteristics and Health Benefits of Phytochemicals](#)

<https://www.karger.com/Article/PDF/444063> 4 Feb 2016 ... Currently **there** are no recommended levels of intake for **phytochemicals**. An appropriate framework is still needed for establishing **their** ...

9. [\(PDF\) Corn Phytochemicals and Their Health Benefits](#)

<https://www.researchgate.net/publication/327442936> *Corn Phytochemicals and Their Health Benefits* 5 Sep 2018 ... PDF | Whole grain has a wide range of **phytochemicals** exhibiting **health benefits** of lowering risk of chronic diseases. As commonly consumed ...

10. [\(PDF\) Apple phytochemicals and their health benefits](#)

<https://www.researchgate.net/publication/8566240> *Apple phytochemicals and their health benefits* 21 Feb 2020 ... In the laboratory, apples have been found to have very strong antioxidant activity, inhibit cancer cell proliferation, decrease lipid oxidation, and ...

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