

Potential Health Benefits of Fruits and Vegetables



Fruits & Vegetables	Prominent Phytochemicals	Potential Health Claims
	Citrus fruit products Orange, mandarin, lemon, grapefruit (pink, red, yellow)	Vitamin C Cardiovascular disease, immune system, wound healing, scurvy
		Carotenoids Cancer, cardiovascular disease, stroke, heart disease, cataract
		Folate Neural tube defects, cancer, heart disease
		Flavanoids, Limonoids Cancer
		Diatery Fiber Blood sugar, cholesterol levels, constipation
	Strawberry Products	Vitamin C Cardiovascular disease, immune system, wound healing, scurvy
		Anthocyanidins Heart disease, cancer, diabetes, blood pressure, cataracts
		Manganase Blood sugar, blood pressure, bone health
		Potassium Blood pressure
		Folate Neural tube defects, cancer, heart disease
	Sour & Sweet Cherry Products	Anthocyanidins Heart disease, cancer, diabetes, blood pressure, cataracts
		Phenolic acids Antimicrobial effect, anti-inflammatory, cancer, hypertension, osteogenic
		Melatonins Sleep promoter
		Diatery Fiber Blood sugar, cholesterol levels, constipation
	Peach & Apricot Products	Carotenoids Cancer, cardiovascular disease, stroke, heart disease, cataract
		Provitamin A (β and α-carotenes) Immune function, vision, reproduction, and cellular communication, normal formation and maintenance of the heart, lungs, kidneys, and other organs
		Flavonoids Heart disease, cancer, diabetes, blood pressure, cataracts, allergies, oxidative stress
		Potassium Blood pressure, muscle contractions, fluid balance, stroke
		Soluble fiber Cholesterol levels
	Fig Products	Flavonoids and phenolic acids Anticancer, antioxidant, antifungal, anti-acne
		Anthocyanins Heart disease, cancer
		Calcium, Potassium Osteoporosis, bone density, blood pressure
	Plum Products	Carotenoids Cancer, cardiovascular disease, stroke, heart disease, cataract
		Dietary Fiber Diabetes, colorectal cancer, heart disease
		Phenolic compounds Cancer, hearth disease, anti-microbial, antioxidant activity
		Potassium Blood pressure, muscle contractions, fluid balance, stroke
	Tomato Products	Vitamin C Cardiovascular disease, immune system, wound healing, scurvy
		Carotenoids (mainly lycopene) Cancer, cardiovascular disease, stroke, heart disease, cataract, vision
		Phenolic compounds Antioxidant, cancer prevention, reduction of LDL levels
	Grape Products	Anthocyanins, catechins, flavanol glycosides, phenolic acids Increase in glucose tolerance, insulin sensitivity, cancer,
		Resveratrol Decreased high blood pressure and heart failure, improved diastolic pressure, improved vascular function. Curing neurological disorders such as Alzheimer’s disease, Parkinson’s disease, longevity and antiaging properties
		Vitamin C, Vitamin K Blood clotting, bone health, tissue health
	Apple Products	Chlorogenic acid, phloridzin, quercetin, catechin, gallic acid Improvement in serum triglycerides, HDL, total cholesterol, insulin, adiponectin. Antioxidant, anti cancer, anti-inflammatory, increased gut health
		Soluble fiber and pectin Weight loss, vascular function, tansiyon, lipids, inflammation and hyperglycemia
		Potassium, Vitamin C Blood pressure, stroke, heart disease, cardiovascular disease, immune system, wound healing, scurvy
	Pear Products	Polyphenols (anthocyanins) Antioxidant and antimicrobial activities as well as anticancer properties
		Arbutin Used as a human skin whitening to prevent unwanted spots and freckles or as an antioxidant agent.
		Chlorogenic acid Potential chemopreventive agent and an imperative bioactive compound with important antioxidant, immune-enhancing, detoxifying and antitumor properties
		Potassium, Copper Immunity, cholesterol metabolism, nerve function,muscle contractions, heart function
		Dietary Fiber Diabetes, colorectal cancer, heart disease
	Quince Products	Phenolic compounds Lower cardiovascular disease risks, anti-inflammatory, anti-oxidant, anti-microbial, anti-ulcerative, anti-carcinogenic, anti-allergic, h ypoglycemic, expectorant
		Dietary fiber Laxative agent
		Minerals (Iron, Copper, Zinc) Production of red blood cells, hair health.
	Pomegranate Products	Flavanoids (Catechin, epicatechin, rutin, gallocatechin) Antiinflammatory and antiatherosclerotic activity against heart disease, osteoarthritis, prostate cancer and HIV-I, inhibits inflammation-associated disorders such as atherosclerosis, rheumatoid arthritis, dementia, and cognitive decline as well as some cancers.
		Ellagitannins (Punicalagin) Anti-inflammatory properties, antioxidant effect, cancer
	Purple Carrot Products	Anthocyanins Prevention of coronary heart disease, hypertension, obesity, diabetes, cancer and inflammatory bowel disease
		Flavonoids Their biochemical and pharmacological role as anti-oxidant, antiinflammatory, anti-atherosclerosis, antiplatelet aggregation, antitumor, antimicrobial, and anti-allergic agents.
	Orange Carrot Products	Carotenoids and anthocyanins Prevention of coronary heart disease cancer, stroke, cataracts, night blindness, diabetes, macular degeneration, improves eyesight, immune system, digestive health, cholesterol levels, blood sugar regulation
		Lutein, Zeaxanthin Vision, eye health
	Red Beet Products	Betalains Prevents LDL oxidation, lipid peroxidation, heme decomposition, and DNA damage also exhibit anti-inflammatory effects, antiradical and antioxidant activity and antimicrobial and antiviral effects
		Nitrate (Nitric oxide) Prevention of cardiovascular disease, blood pressure, cardiorespiratory performance
		Phenolic compounds Antioxidant activity, anticancer properties
		Folate Neural tube defects, cancer, heart disease
		Iron Production of red blood cells, anemia.
	Blackberry Products	Anthocyanins Brings a positive impact on several chronic conditions, such as obesity, diabetes, cancer , cardiovascular and neurodegenerative diseases.
		Vitamin C, Vitamin K, Vitamin A Cardiovascular disease, immune system, wound healing, scurvy, bone health, skin healthy, eye health