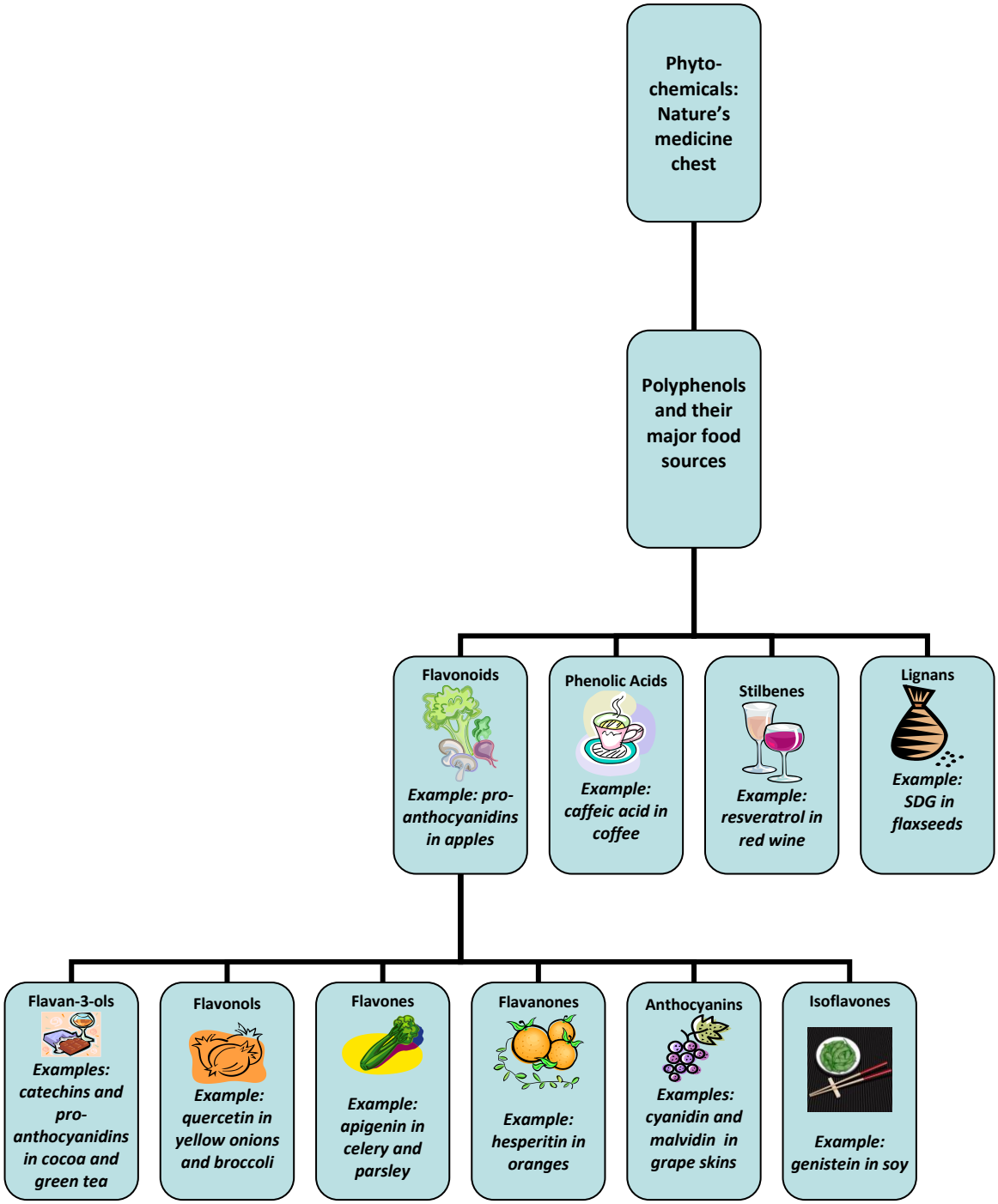
The Mediterranean Nutritionist

Janet Bond Brill, PhD, RDN, FAND, LDN | Nutrition, Health and Fitness Expert
www.MediterraneanNutritionist.com | DrJanet@MediterraneanNutritionist.com

WHAT ARE POLYPHENOLS?
YOUR KEY TO LONGEVITY!

"Polyphenols" is the term used to describe a major class of bioactive antioxidant phytochemicals scientifically proven to protect against disease. There are four main subclasses of polyphenols: flavonoids, phenolic acids, stilbenes, and lignans.

Refer to the tables below to choose the foods with the greatest antioxidant kick!


Phyto-chemicals: Nature's medicine chest
Polyphenols and their major food sources
Flavonoids
Example: pro-anthocyanidins in apples
Phenolic Acids
Example: caffeic acid in coffee
Stilbenes
Example: resveratrol in red wine
Lignans
Example: SDG in flaxseeds
Flavan-3-ols
Examples: catechins and pro-anthocyanidins in cocoa and green tea
Flavonols
Example: quercetin in yellow onions and broccoli
Flavones
Example: apigenin in celery and parsley
Flavanones
Example: hesperitin in oranges
Anthocyanins
Examples: cyanidin and malvidin in grape skins
Isoflavones
Example: genistein in soy

Phyto-chemicals: Nature's medicine chest

Polyphenols and their major food sources

Flavonoids

Example: Flavan-3-ols in red wine

Phenolic Acids

Examples: gallic acid and caffeic acid in red wine

Stilbenes

Example: resveratrol in red wine

Flavan-3-ols

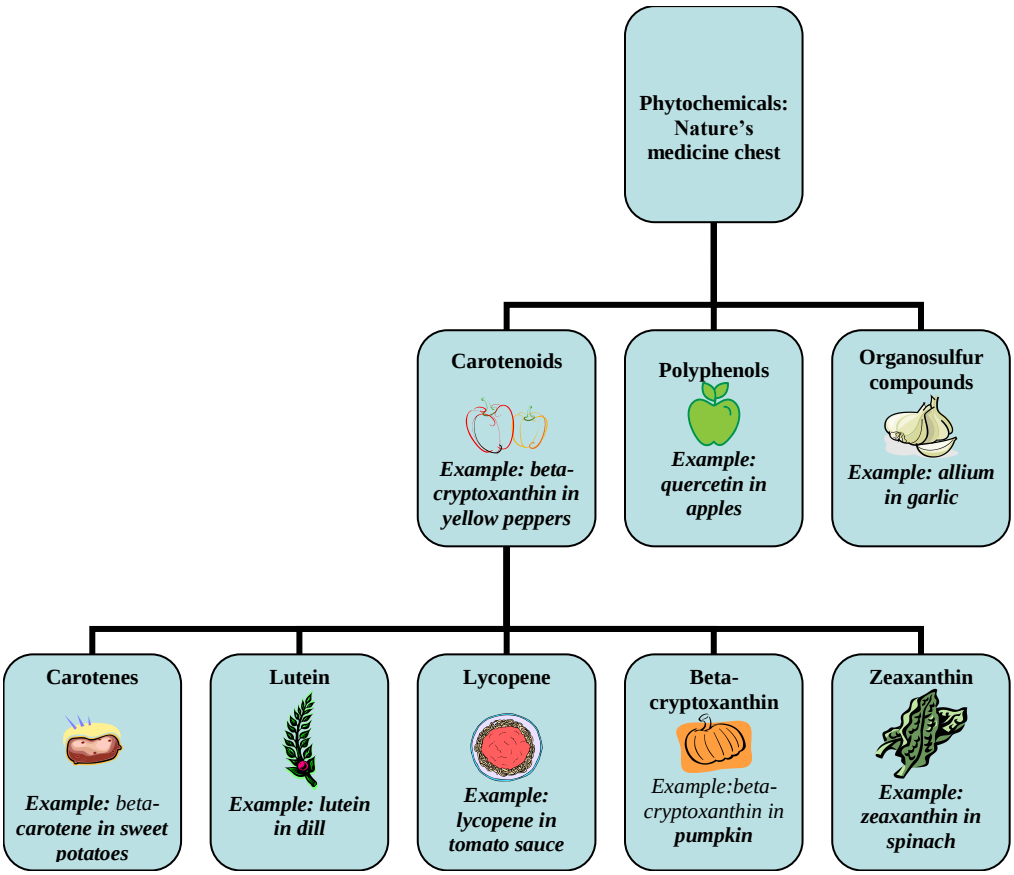
Examples: catechins and procyanidins in red grape skin and seeds

Flavonols

Example: quercetin in red wine

Anthocyanins

Example: malvidin in grape skins


Phytochemicals: Nature's medicine chest
Carotenoids
Example: beta-cryptoxanthin in yellow peppers
Polyphenols
Example: quercetin in apples
Organosulfur compounds
Example: allium in garlic
Carotenes
Example: beta-carotene in sweet potatoes
Lutein
Example: lutein in dill
Lycopene
Example: lycopene in tomato sauce
Beta-cryptoxanthin
Example:beta-cryptoxanthin in pumpkin
Zeaxanthin
Example: zeaxanthin in spinach

Phyto-chemicals: Nature's medicine chest

Polyphenols and their major food sources

Flavonoids

Flavonols

Example: quercetin in apples

Flavan-3-ols

Example: epicatechin in peaches

Flavones

Example: luteolin in capsicum pepper

Flavanones

Example: naringenin in grapefruit

Anthocyanins

Example: malvidin in cherries

Isoflavones

Example: daidzein in tofu

Phyto-chemicals: Nature's medicine chest

Polyphenols and their major food sources

Flavonoids

Example: quercetin in apples

Phenolic Acids

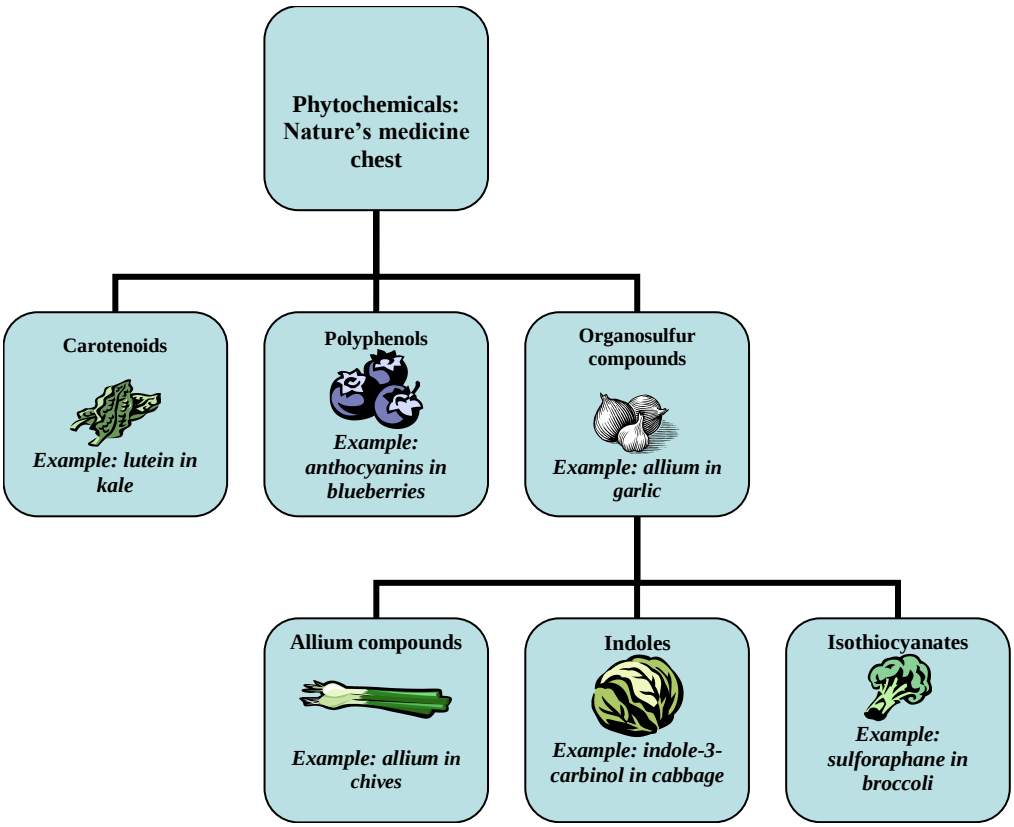
Examples: ellagic acid and gallic acid in walnuts

Stilbenes

Example: resveratrol in red wine

Lignans

Example: SDG in flaxseeds


Phytochemicals: Nature's medicine chest
Carotenoids
Example: lutein in kale
Polyphenols
Example: anthocyanins in blueberries
Organosulfur compounds
Example: allium in garlic
Allium compounds
Example: allium in chives
Indoles
Example: indole-3-carbinol in cabbage
Isothiocyanates
Example: sulforaphane in broccoli

Phyto-chemicals: Nature's medicine chest

Polyphenols and their major food sources

Flavonoids

Examples: genistein isoflavone in soy and quercetin in lentils

Phenolic Acids

Example: ferrulic acid in beans

Stilbenes

Example: resveratrol in red wine

Lignans

Example: SDG in soy