VEGETABLES - PHYTONUTRIENT CHART

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	Beta-carotene	Lutein	Lycopene	Zeaxanthin	Resveratrol	Anthocyanins	Quercetins	Hesperidin	Tangeritin	Sulphoraphane	Limonene	Indoles	Ellagic Acid	Allium Compounds
bok choy										■		■		
broccoli	■	■					■			■		■		
broccoli sprouts										■				
brussels sprouts										■		■		
cabbage										■		■		
carrots	■													
cauliflower										■		■		
chives														■
collard greens		■								■		■		
corn				■										
garlic							■							■
kale	■	■					■			■		■		
leaf lettuce							■							
leeks														■
onions							■							■
pumpkins	■													
red peppers			■											
romaine lettuce		■												
scallions														■
spinach	■	■		■										
sweet potatoes	■													
swiss chard		■								■		■		
tomatoes			■											
turnips										■		■		
watercress										■		■		
winter squash	■			■										

= Carotenoids = Flavonoids