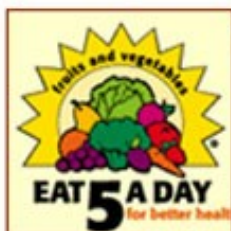


	Carotenoids				Flavonoids				Sulphoraphane	Limonene	Indoles	Ellagic Acid	Allium Compounds
	Beta-carotene	Lutein	Lycopene	Zeaxanthin	Resveratrol	Anthocyanins	Quercetins	Hesperidin					
bok choy													
broccoli	■	■				■					■		
broccoli sprouts													
brussels sprouts													
cabbage													
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	■			■									



* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Food and Drug Administration and Produce Marketing Association.

[Print Chart](#) Acrobat Reader is necessary to print the file. Download [Acrobat Reader](#) if needed.