

# Phytonutrients Commonly Found in Leafy Greens

Compound or Compound Family	Phytonutrient	Best Sources	Functions
Carotenoids	Beta-Carotene	Spinach, collard greens, mustard greens, and turnip greens	Important for vision, immune function, and tissue integrity.
	Lutein and Zeaxanthin	Kale, spinach, collard greens, turnip greens, mustard greens	Support eye health and enhance immunity.
	Alpha-Carotene	Kale, spinach, collard greens, turnip greens, Swiss chard, and mustard greens	May have cancer-protective properties.
Polyphenols (Flavonoids)	Quercetin	Kale, spinach, arugula, Swiss chard, collard greens, turnip greens, mustard greens, beet greens, and lettuce	Exhibits anti-inflammatory and antioxidant properties, potentially benefiting heart health.
	Flavones	Green herbs like parsley, cilantro, and basil, and dandelion greens	Protect against free radicals and have protective effects against CVD, cancers, and other age-related diseases.
	Kaempferol	Spinach, kale, Swiss chard, romaine lettuce, parsley, and tarragon	Exhibits powerful anti-inflammatory, antioxidant, and neuroprotective effects.
	Myricetin	Spinach, kale, dandelion greens, romaine lettuce, collard greens, and Swiss chard	May help protect against oxidative stress and inflammation.
Glucosinolates	Sulforaphane	Cruciferous greens, particularly broccoli and kale	Prevents DNA damage and has potential cancer-fighting properties.
	Gluconasturtin	Watercress	Converts to phenethyl isothiocyanate, which has been studied for its potential anticancer properties.
Coumarins	Umbelliferone, Aesculin, and Daphnin	Green leaf lettuce, arugula, celery leaves, and herbs like parsley and dill	Exhibit anti-inflammatory and antioxidant effects and may play a role in the prevention of cancer and other diseases.
Terpenoids	Monoterpenes, Sesquiterpenes, Diterpenes, and Triterpenes	Herbs like basil, mint, cilantro, and parsley, and arugula	Have anti-inflammatory, antimicrobial, and antioxidant effects.
Chlorophyll	Chlorophyll a and Chlorophyll b	All	Gives green vegetables their color and acts as an antioxidant.

**SOURCES:** KUMAR A, NIRMAL P, KUMAR M, ET AL. MAJOR PHYTOCHEMICALS: RECENT ADVANCES IN HEALTH BENEFITS AND EXTRACTION METHOD. *MOLECULES*. 2023;28(2):887. GUPTA C, PRAKASH D. PHYTONUTRIENTS AS THERAPEUTIC AGENTS. *J COMPLEMENT INTEGR MED*. 2014;11(3):151-169.