## A Pronunciation Guide for Beneficial Phytochemicals Found Naturally in Fruits and Vegetables

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allicin (al'-la-sin)
anthocyanin (an-tho-sigh'-a-nin)
beta carotene (bay'-ta care'-a-teen)
betacyanin (bay-ta-sigh'-a-nin)
carotenoid (care-a'-ton-noid)
chlorophyll (klor'-a-fill)
cruciferous (crew-sif'-fer-us)
edamame (ed'-a-mommy)
ellagic (ee-ladge'-ic)
flavanone (flaive'-a-known)
flavonoid (flaive'-annoyed)
folic (fole'-ic )
genistein (jen'-is-steen)
glutathione (gloot-a-thigh'-own)
indole (in'-doal)
isoflavone (eye-so-flave'-own)
isothiocyanate (eye-so-thigh-o-sigh'-a-nate)
jicama (hick'-ah-ma)
limonoid (lime'-annoyed)
lutein (lue'-teen)
lycopene (lye'-coe-peen)
nutraceutical (new-tra-sue'-tic-cull)
phytoestrogen (fight-o-es'-troe-jen)
polyacetylene (poly-a-set'-a-leen)
polyphenol (poly-fee'-nol)
querciten (kwhere'-sit-ten)
resveratrol (res-veer'-a-trol)
saponin (sah-poe'-nin)
sulforaphane (sul-four'-a-fane)
tannin (tan'-nin)
zeaxanthin (zee-a-zan'-thin)
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[^1]:    Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

