

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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