

Tagore Kukiattkul (2022, January), Bioactive compounds from fruits and vegetables that are beneficial to health : Food Focus Thailand 17 (190) : 64

In the 1982 report on Food and Cancer, a guide to the importance of eating fruits and vegetables in the diet is included. The outstanding information is Benefits of citrus fruits vegetables high in carotene and cruciferous vegetables Can help reduce the risk of cancer.

Bioactive substances, also known as Phytochemicals are plant compounds found in fruits, vegetables, grains and other plant foods. They accumulate in parts such as seeds, bark, roots, or whole fruit. Fruits and vegetables are not only important sources of vitamins, minerals and fiber in the diet. But there are also many bioactive substances such as flavonoids, flavones, isoflavones, just rotenoids, polyphenols, etc.

**Examples of bioactive compounds in fruits and vegetables are as follows:**

- **Avocados** are high in nutrients such as good fats, fiber, folate and vitamins K, C, B5, B6. In addition, consuming avocados can help your body absorb more antioxidants from other food sources.

- **Berry** is a fruit that is rich in nutrients such as anthocyanin, flavonoids, resveratrol. Berries help prevent diseases such as glaucoma, varicose veins, heart disease and cancer.

- **Broccoli** contains sulforaphane. which reduces the risk of breast cancer

- **Wavy leaf kale** contains carotenoids. That makes the skin radiant and bright, can help treat glaucoma. because it contains lutein and zeaxanthin

- **Zeaxanthin** can be found in spinach. which is just a rotenoid that is absorbed into the visual field of the eye therefore may help prevent "Diagnostic macular degeneration in the elderly"

