

Health Properties in Traditional Local Foods as Compared to Foods of Today

(For educational discussion and comparison only, as in all things further research is recommended to avoid interactions or toxic levels)

Traditional Food	Phytochemical	Potential Health Benefit	Today Food
Wild Plum Prickly Pear Juneberry Gooseberry Sand Cherry Low Bush Cranberry Buffalo Berry	60 flavonoids 40 limonoids, 20 carotenoids (lutein) Phenolic acid Triterpenoids	Antioxidation, antitumor, anti-inflammatory, prevention of blood clots, enzyme system protection	Citrus Fruits Oranges, Grapefruit, Lemons, Lime There are more than 170 phytochemicals in an orange! Plus vitamin C, folic acid, and pectin.
Lambs Quarters Stinging Nettles Shanish Corn Prairie Turnips Hidatsa Beans	Isothiocyanates Flavonoids Organosulfides	trigger enzymes that may block cancer development	Cruciferous Vegetables Bok Choy, Broccoli, Cabbage, Brussel Sprouts, Cauliflower, Collards, Kale, Turnips, Watercress
Dandelion	Organosulfides (sulforaphane), flavonoids (quercetun and keampferol), indoles, dithiolthiones, isothiocyanates, carotenoids, glucarates, terpenes, coumarins, protease inhibitors	Sulforaphane and Diothiothones stimulate enzymes that protect cells from carcinogens	Broccoli
Wild Onion Cattail Shoots	Allyl sulfide (allicin)	Allyl sulfides may reduce serum cholesterol levels and reduce cancer risks	Garlic, Onion, Leeks and Chives
Indian Bread Root Black Cohash	Isoflavonoids (phytoestrogens-Genistein, daidzein),	May reduce colon, breast, and ovarian cancer risks. Phytosterols may block cholesterol absorption. May reduce symptoms of menopause (hot flashes)	Soy Foods
Chokecherry Wild Raspberry Wild Rose Petals Wild Rose Hips	Anthocyanosides, lycopene, carotenoids (lutein), coumarins	Reduce cancer risk	Tomato Tomato sauces and pastes
Peppermint Spearmint Mint Plants	Carotenoids (lutein), phthalides, polyacetylenes, coumarins, phenolic acid	Reduce cancer risk	Umbelliferous Vegetables Carrots, Celery, Cilantro, Parsley, Parsnips