

Examples of Functional Foods

Functional foods are foods that provide health benefits *beyond* (in addition to) basic nutrition. Many foods may be considered functional foods. Below is a sample of some of these foods, the key health components found in the foods, and the potential health benefits.

Functional Food	Key Component	Potential Health Benefits
Black and green tea	Catechins	Reduce risk for cancer
Broccoli	Sulforaphane	Reduce risk for cancer
Fish	Omega-3 fatty acids	Reduce risk for heart disease
Fruits and Vegetables	Many different phytochemicals	Reduce risk for cancer and heart disease
Garlic	Sulfur compounds	Reduce risk for cancer and heart disease
Oats and oat-containing foods	Soluble fiber beta glucan	Reduce cholesterol
Purple grape juice	Polyphenolic compounds	Support normal, healthy cardiovascular function
Soy foods	Soy protein	Reduce cholesterol
Tomatoes and tomato products	Lycopene	Reduce risk for cancer
Yogurt and fermented dairy products	Probiotics	Improve gastrointestinal health

To learn more about functional foods, log on to these web sites:

University of Illinois Functional Foods for Health Program: www.ag.uiuc.edu/ffh
 International Food Information Council: <http://ificinfo.health.org>



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