Introduction

Presently, transition in lifestyle, changes in food consumption pattern combined with a high level of mental stress has resulted increased incidences of lifestyle related problems like heart disease, obesity, diabetes, cancer and hypertension [1, 2]. All these factors have contributed towards increased interest of consumers in specific food or food components which can maintain and improve health over a specific consumption period [3]. As a result, researchers have shifted their focus from identifying nutrients and amounts needed to prevent deficiency diseases, towards improving health and quality of life by incorporating and stabilizing such components in food products. The plant based bioactive compounds or ‘phytochemicals’ are non-nutritive compounds associated with protection against chronic degenerative diseases and have been used in traditional medicine system since humans have looked to nature to provide cures for various ailments and diseases [4]. In recent times, applications of phytochemicals have extended into other areas especially nutraceutical and functional foods [5]. The term nutraceutical is derived from two words "nutrition" and "pharmaceutical" and Stephen De Felice, the founder and chairman of Foundation for Innovation in Medicine (FIM), Cranford in 1989 has referred it to as “any substance that is a food or a part of a food which provides medical or health benefits including the prevention and treatment of disease” [6]. Nutraceutical is a product isolated or purified from foods that is generally sold in medicinal forms not usually associated with foods. There is an extremely wide range of functional ingredients which have been consumed knowingly or unknowingly over the time either in one or the other forms of food [2, 4, 7, 8]. Some functional ingredients/ bioactive or nutraceutical compounds identified by various researchers have been summarized in Table 1. Hence, keeping in view the potential of these compounds in health care system, the present article has been compiled to provide a comprehensive review of different types of phytochemicals along with their health-promoting activities and potential use as functional food ingredient or food supplements. This review focuses on health benefits of specific phytochemicals, however toxic nature of these phytochemicals is not discussed in this document.
Phytochemicals

Phytochemicals (derived from Greek word phyto, meaning "plant") are bio chemicals produced in plants by primary or secondary metabolic processes and possess biological activity and are important in plant growth or defence against pathogens or predators. Phytochemicals are generally not considered as essential diet components and are not required for sustaining normal life, but have been reported to possess some pharmacological properties [4, 9]. Numerous epidemiological studies suggested that diets rich in phytochemicals not only protect against chronic diseases [10, 11] but also helps to protect cellular systems from oxidative damage [12, 13, 14].

Classes of phytochemicals and their nutraceutical significance

In nature more than 4,000 phytochemicals have been catalogued till day and are mostly classified on the basis of their biological activity, physical characteristics and chemical characteristics [4, 15]. There has been a tremendous increase in the total number of identified phytochemicals in last decade with addition of some new secondary plant metabolites. The main classes of phytochemicals based on their particular distinctions and characters have been shown in Fig. 1 and are discussed below:

A) Phenolics

Phenolics constitute the largest category of phytochemicals in plant kingdom. Flavonoids, phenolic acids and stilbenes (sometimes also known as tannins) are most important phenolics which occur from less than 1mg/kg to up to 3000mg/kg in various foods [16]. They are general hydroxyl ion (-OH) containing group of chemical compounds in which hydroxyl group (-OH) is directly attached to an aromatic hydrocarbon group (C6H4OH). Phenolics exhibit several beneficial effects with their antioxidant properties as most important because of their role in suppressing free radical-mediated disease processes.

Phenolic acids

These compounds are very strong antioxidants and have been studied historically for their potential against oxidative damages which otherwise leads to various degenerative diseases. The most important phenolic in nature is chlorogenic acid. Some investigations have revealed that phenolic acids effectively inhibited mouse pre-adipocytes with enhanced apoptosis as well [17]. Role of dietary phenolics in suppression of weight gain and inhibition of fatty acid biosynthesis has been reported by many researches [18, 19, 20, 21]. Ferulic acid, one of the most important phenolic compounds found in rice bran oil has been exploited for its antioxidant activities [22, 23]. The presence of ferulic acid has been recorded in some other cereals (wheat and oats), coffee beans, apples, artichoke, peanuts, oranges and pineapples with varying proportions [24]. Hypolipidemic properties of ferulic acid are helpful in lowering obesity linked to high fat diet [25] and can also reduce serum cholesterol, protects liver injury and most importantly it is a potent tumor inhibitor [23, 26].

Stilbenes

Stilbenes are small molecular weight phenolics (approximately 200-300 g/mol), naturally present as plant monomers and oligomers. The most commercial use includes their application in aroma therapy products and dietary supplements. They are commonly known as tannins and can be categorized into two classes i.e. hydrolyzable tannins and condensed tannins. They are produced in plants as a result of environmental stress, infection and exposure to excessive ultraviolet light and also minimize the inflicted damage [27]. Stilbenes are sometime compared with phytoestrogen as they have a close structural similarity to estrogens and they are also able to react with estrogen receptors [28]. Dietary stilbenes are gaining interest for their potential health benefits however, their bioavailability is very limited due to rapid metabolism and their excretion in partially digested forms which limits their use as potential nutraceuticals [29]. However, resveratrol is an important stilbene found in grape skin which has anti inflammatory, anti-cancer and anti-oxidant activities [30, 31, 32, 33]. Chemo preventive activity of resveratrool is well documented. A daily dose of 40 mg resveratrool per kg body weight has been reported to increase mice survival with subcutaneous neuroblastomas from 0 to about 70 per cent [34]. A good amount of resveratrool is accumulated in wine during grape processing and regular consumption of red wine in appropriate amount is often cited as explanation for popular proverb ‘French Paradox’ [35] a term that describes the fact of a low risk of cardiovascular diseases especially in French people despite their food habits of consuming diet high in saturated fat [36]. Red wine has been reported to contain a higher amount of resveratrool which can effectively promote vasorelaxation, decrease platelet aggregation, reduce lipid peroxidation, suppress atherosclerosis and improve serum cholesterol and triglyceride concentrations [37, 38, 39, 40].

Flavonoids

Flavonoids constitute one of the largest groups under phenols and they are the compounds with low molecular weight and a wide spectrum occurrence [41]. Their antioxidant properties have been studied most widely however, recently much attention has been paid to their potential as inhibitory substances for various stages of tumour development. Flavonoids are further grouped into two different categories viz. anthocyanins and anthoxanthins. Anthocyanins are responsible for a wide range of colors (red, blue and purple) in fruits and vegetables and are also reported to have significant anti-inflammatory and anti-obese properties [42, 43]. Whereas, anthoxanthins are usually colorless or white to yellow molecules which are further classified into five sub classes including flavonols, flavanone, flavones, flavanols and isoflavones. Out of them, flavonols and flavones are most widely distributed anthoxanthins in fruits and vegetables. Quercetin, kaempferol and myricetin are the 3 most important flavonols. Quercetin and flavonoid content of some important fruits is shown in Fig. 2. Flavonols and flavones are generally distinguished from another by the presence of a hydroxyl group at C3 in flavonols. They are the heat sensitive compounds and losses during food preparation depends upon the type of cooking method and are present in highest concentrations in immature fruits [44, 45].

There has been a strong inverse association between occurrence of coronary heart diseases and flavonol and flavones intake. The anticarcinogenic, antiobesity and antiproliferative effects of flavonoids and quercetin are now well explained and they have been reported to inhibit adipogenesis and induce apoptosis [46, 47, 48, 49]. Genistein and daidzein are two major isoflavones having many pharmacological benefits and are gaining interest for their potential functional properties. Limited information is available on recommended dietary intake of individual polyphenols in literature, however Hertog et al. [45] found that
intake of 23 mg/day flavonol and flavones in Dutch diet effectively inflicted the nutraceutical action. On the other hand Justesen et al. reported 28mg/day combined intake of flavones, flavonols, and flavanones. Whereas, dietary intake of polyphenols in general has been suggested at about 1g/day by Scalbert and Williamson which is relatively very high compared with other known dietary antioxidants i.e. 10 times higher the intake of vitamin C and 100 times the intake of vitamin E and carotenoids. Fruits like grape, apple, cherry, pear and various berries contain good quantities of different polyphenols and the major health benefits associated to polyphenols intake has been listed in Table 2.

B) Terpenoids
Terpenoids are plant metabolites essential for normal growth, development and metabolism in different plants. Terpenoids have a wide range of biological functions and have been used in preparation of functional foods, flavorings, bio-colorants pharmaceuticals, cosmetics, disinfectants and agrichemicals. The most commercial properties of these terpenoids includes their use as insect attractants and repellents, anti-feedants, toxins or antibiotic agents, whereas in food preparations, they are used as flavouring agents in non-alcoholic beverages (31ppm), ice creams (68ppm), candy (49ppm), baked foods (120ppm), gelatines and puddings (48-400ppm), and chewing gum (2300ppm). Terpenoids are also well recognized for their role in stress response or defence mechanisms. Several terpenoids have been studied and used as pharmacological agents to benefit human health. For example, artemisinin is such a terpenoid which is potentially used as an antimalarial drug. Tocopherol, α-d-tocopherol (vitamin E) has been extensively reviewed for its antioxidant potential and is also reported effective apoptotic inducers for human breast cancer cells.

Carotenoids, another important class of terpenoids are also colored (yellow, orange and red pigmented) compounds and are present in various fruits and vegetables with a very rich antioxidant profile. Carotenoids (γ-carotene, lycopene and lutein), a type of Carotenoids have a tissue specific biological activity and have been reported to protect against uterine, prostate, breast, colorectal and lung cancers. Whereas, the xanthophylls, another type of carotenoids acts symbiotically with other antioxidants and protect them from oxidation while, may exhibit tissue specific protection at the same time. Zeaxanthin, cryptoxanthin and astaxanthin are important forms of xanthophyll which are used as functional food ingredients in various preparations. Whereas, D-Limonene, is the most common monocyclic monoterpene, which occur in highest amounts in orange peel oil and has been found to inhibit pancreatic carcinogenesis induced in hamster by 5-nitrosobis (2-oxopropyl) amine and gastric carcinogenesis induced in wistar rats by N-methyl-N-nitro-N-nitrosoguanidine. Limonoids have also been reported to provide protection to lung tissues against many ailments.

C) Glucosinolates
Glucosinolates (GLS) are sulphur-containing glucosides in cell vacuoles of cruciferous vegetables, especially the Brassica spp. (e.g. cabbage, broccoli) and also in some oilseeds such as rapeseed and in condiments such as mustard seed. Glucosinolate (GLS) contents of major cruciferous vegetables are depicted in Fig 3. High glucosinolate content of brassica (kale, radish and broccoli) is often contributed to its anticarcinogenic properties. A large number of naturally occurring isothiocyanates have been successfully isolated and used to prevent cancer in animals though more attention has been given particularly to isothiocyanate from broccoli, known as sulforaphane which are principal inducers of a Phase II enzyme (quione reductase) which have a strong anti-cancerous activity. Fahey et al. demonstrated that 3 day old broccoli sprouts contained glucoraphanin (glucosinolate of sulforaphane) which were 10-100 times higher compared with corresponding mature plants.

D) Polyacetylenes
Polyacetylenes are chemically reactive natural metabolites isolated from different flora. Their occurrence is highest in Apiaceae (carrot, celery and fennel), Arallaceae (gingsen, hedra spp.) and Asteraceae (lettuce, chicory, sunflower and artchoke) families. Three such compounds viz. falcarnol, falcariindiol, and falcariindiol-3-acetate are natural pesticides released in carrots as natural defence against pest attack and have strong functional profile which have recently gained significant scientific attention as functional ingredient. Falcariinol and falcariindiol are two most important but less abundant bioactive compounds among all and preservative action of these compounds results from their antifungal properties. Falcariinol is bioavailable in humans with biological activities such as anti-inflammatory, stimulator of immune system, anti-platelet-aggregatory and cytotoxicity. However, falcariinol is allergic in nature while, falcariindiol and falcarnine are not allergic. Further, the beneficial effects of these compounds occur at relatively non-toxic concentrations and thus represent pharmacologically useful properties.

E) Phytosterols and Phytostenols
Plants contain a large variety of sterols, which are collectively known as 'phytosterols'. This term is derived from Greek word 'phyton' means plant and 'stereos' means solid and till date more than 250 phytosterols have been identified and successfully isolated from various plants. Phytosterols are largely derived from vegetable oils, cereals and fruits, while phytostanols are abundant and are present in good amount in corn, wheat, rye and rice. Phytosterols occur in five common forms viz. (i) free alcohol (FS), (ii) fatty-acid esters (SE), (iii) glycosides (SG), (iv) acylated steryl glycosides (ASG) and (v) hydroxyacylcacid-esters (HSE) with all of them having a similar function as that of cholesterol in our body. Phytosterols and phytostanol are essentially derived from dietary sources and their content is especially high in oils (corn oil, rapeseed oil, soybean oil, and sunflower oil), nuts, seeds, and cereals. Some of the most abundant phytosterols and phytostanol in our diet are sitosterol, sitostanol, campesterol and campestanol. Phytosterols and phytostanol are non-energetic but are reported to lower cholesterol, cancer protection and immuno-modulation and skin protection. Some of the sources of important phytosterols along with their total phytosterol content are given in Table 3.

F) Non-Digestible Carbohydrates
Non-digestible carbohydrates (NDC) are complex, heterogeneous dietary substances derived principally from plants. There are 3 main types of NDC namely (i) non-starch polysaccharides (NSP), (ii) resistant starch (RS) and (iii) nondigestible oligosaccharides (NDOs). Non-digestible carbohydrates are essential diet constituents and inadequate intake may sometimes lead to gastrointestinal disorders.
(constipation, diverticulitis, irritable bowel syndrome) and colorectal cancer \[90\]. Dietary fibres are the analogous carbohydrates, which fall into two categories according to their solubility i.e. water-soluble fibre (non-starchy polysaccharides, mainly \( \beta \)-glucan) and water-insoluble fibre (lignin, cellulose, hemicelluloses and arabinolxylan). The structural complexity and almost similar nomenclature makes it difficult to classify non-starch polysaccharides (NSP). They however, are can be classified into three different groups based on their distinct mode of action, namely cellulose, non-cellulosic polymers and pectic polysaccharides. Cereal grains are main source of dietary fibres and a comparative view of total dietary fiber content in some commonly consumed grains is presented in Fig. 4. Nutritionally one of most important dietary fibre is \( \beta \)-glucan which have been recognised to be present in various forms with distinctly important positive therapeutic properties with protection against coronary heart disease and reduction of cholesterol and glycemic response \[93\]. Oat bran is the most common and popular source of dietary fibre and is a good source of \( \beta \)-glucan (3-12\%) which supports the growth of \textit{Lactobacilli} and \textit{Bifidobacteria}. Resistant starch (RS) forms another important class of non-digestible carbohydrate which surpasses digestion as it passes the gastrointestinal tract \[94\] as it is cannot be hydrolyzed to D-glucose after consumption; however, it is sometimes fermented in colon. Four different classes of resistant starch RS-1, RS-2, RS-3 and RS-4 occur in nature with each class having a specific role to play (Table 4).

The resistance of each class to digestion is generally affected by milling, chewing and processing conditions. According to Southgate \[96\], the most common food sources of RS includes whole or partly milled grains and seeds, potatoes, green bananas, some legumes, high-amylose starches. Foods on the basis of RS content can be categorized as low (1-2.5\% e.g. cereals, biscuits, bread, pasta and boiled rice), medium (2.5-5\% e.g. corn flakes, crispies and fried potatoes), high (5-15\% e.g. lentil, peas, potatoes and cooked starch foods) and very high RS content (>15\% e.g. potatoes, raw legumes, retrograded amylose and banana etc.). The RS content of different foods is generally affected by processing conditions such as pH, heating temperature and time, cooling cycles, freezing and drying. It has been reported that incorporation of modified resistant starch in food improve the functional properties of food i.e. crispness and expansion of products, mouthfeel, color and flavor \[100\]. Fructans form an important group of non-digestible oligosaccharides (NDOs) naturally present in a good amount in onion, artichoke, chicory, garlic, banana, rye and barley and may be generated during processing. In food industry, simple oligosaccharides are used as bifidogenic substances or prebiotics and in some infant products with a vision to provide benefits similar to oligosaccharides present in human milk. These compounds have well documented functional properties some of which have been shown in Table 5.

Table 1: Important bioactive/nutraceutical compound along with their source and potential health benefits

| Class | Source(s) | Potential health benefits |
|-------|-----------|---------------------------|
| Fatty acids | Cheese, milk and meat products | Improved body composition, reduce different types of cancers |
| n-3 FA (DHA, EPA) | Mmustard, rapeseed, linseed and tree nuts | Reduce the risk of CVD, improve mental and visual health |
| Polyphenols | | |
| Catechins | Tea, mustard cake, rape seed | Antioxidant, anti-carcinogenic |
| Flavones and Flavonone | Citrus fruits and soybean | Antioxidant, anti-carcinogenic |
| Phenolic acid | Coffee, wine, artichokes, basil, kale, mentha, rose, rosemary, rice, strawberries | Analgesic, anti-inflammatory, and prevention of arrhythmia, cancer, Antioxidant, support weight loss and prevention of cancer, reducing low-density lipoprotein (LDL) cholesterol |
| Stillbenes (Resveratrol) | Grapevine, berries and peanuts | Protection against chronic diseases like cancer, cardiovascular and neurodegenerative pathologies |
| Flavonoids | | |
| A. Anthocyanidine (Delphinidin, Malvidin, Pelargonidin, Cyanidin etc.) | Apple, black olive, blueberry, peach, cherry | Neutralizes free radicals, anti-carcinogenic |
| B. Flavan-3-ols (Proanthocyanidins) | Apples with skin, chocolate, dark, tea, green, brewed, wine, red, shiraz | Beneficial for metabolic and cardiovascular health |
| C. Flavonols (Isohamnetin, Kaempferol, Myricetin, Quercetin) | Blueberries, Broccoli, Chili peppers, Kale, Spinach, Cowpea | Anti-inflammatory, antimicrobial, anticancer, cardioprotective, neuroprotective, antidiabetic |
| D. Flavanones (Hesperetin, Eriodictyol, Naringenin) | Citrus fruits (oranges, grapefruits, lemons) | It acts as a strong antioxidant, have very high free radical scavenging activity, its antioxidant activity owes to its ability to increase superoxide dismutase (SOD) and catalase activities |
| E. Flavones (Apigenin, Luteolin) | Celery hearts (green), celery, parsley, peppermint, Thyme | Neuro-protective, anti-inflammatory, prevention of neuro inflammation, enhanced cognitive and monastic functions |
| F. Isoflavones (Diadzein, Glycitein, Genistein) | Soybeans and soy foods, legumes Soy based fermented foods | Lowering of low-density lipoproteins, lower breast cancer, decrease risk of endometrial cancer, can reduce hot flushes in menopausal symptoms |
| 3. Terpenoids (Salvinorin, cannabinoids, ginkgolide, curcuminoinds) | Citral, menthol, camphor, \textit{Salvia divisivorum}, cumin, ginkgo biloba, turmeric and mustard seed. | Anti-feedants in plants, important as signal transducers and growth regulators, anti-malarial, anti-ulcer, hepatotoxic, antimicrobial and anti-diuretic |
| 4. Glucosinolates (Isothiocyanates, sulforaphane glucosaminurin, glucoraphanin, glucoromargin) | Cauliflower, cabbage, broccoli, bok choy, turnip, kohlrabi, rapeseed, radish | Antibacterial and antifungal activities of isothiocyanates Detoxification of undesirable compounds and improve antioxidant defense system |
| 5. Polyyacetylene Falcarinol Falcarindiol | Parsley, bishop’s weed, celery, coriander, asafoetida, ajowan | Anti-platelet-aggregatory, anti-inflammatory and antibacterial; Neurotoxicity; Allergenicity |
6. Phytosterols and Phytotanols

- Mostly in oils (corn, rapeseed, soybean and sunflower) nuts, seeds and cereals
- They are used as food supplements in form of non-pharmacologic serum and low density lipoprotein

7. Non Digestible carbohydrates

- Legumes, bananas, potatoes, and foods prepared from modified starches (e.g. bread and nutrition bars)
- Increases stools bulk, acts as prebiotic food, reduces LDL cholesterol levels, hypoglycemic effect, reduced CHD risk factors, some cancer

8. Saponins

- Soybeans, chickpea, haricot bean, alfalfa, quinoa
- Lower cholesterol, anticancer, accelerated cholesterol degradation, antioxidant, antibiotic and fungicidal properties

9. Phytoestrogen

- Isoflavones- Daidzein and genistein
- Influences menopause symptoms, improve bone and brain health

- Lignans
- Flax seeds, rye and some vegetables
- Anticancer reduces occurrence of heart diseases

10. Carotenoids

- β-carotene
- Neutralizes free radicals

- Luteine, Zeaxanthine
- Improve healthy vision

- Lycopene
- Reduce occurrence prostate cancer

11. Dietary fiber

- Insoluble dietary fiber
- Wheat bran, rice bran, raw fruits
- Reduce chances of breast cancer, healthy digestive system

- Whole grain, β-glucan
- Cereal grains, Oats
- Reduce the risk of CVDs

Source: [13, 4, 5, 6, 7, 11, 14, 24, 36, 101].

Table 2: Major health benefits of polyphenols intake

| Benefit                                                                 | Polyphenol sources                                                                 |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Reduce the risk of high blood cholesterol and myocardial infarction    | Appetite, inflammation and neurotoxic drugs                                        |
| Concentrations and anti-carcinogenic                                   | Inhibit platelet aggregation and non-heme iron absorption                          |
| Improve endothelial dysfunction                                         | Induce apoptosis of human oral tumor cell lines                                    |
| Reduce plasma lipid peroxidation                                        | Prevention Neuro-degenerative diseases                                            |
| Inhibit each stage of multistage carcinogenesis                         | Inhibit oxidation of LDL                                                          |
| Treatment to prevent osteoporosis and diabetes                          | Prevent dental caries and colon carcinogenesis                                     |
| Prevent dental caries and colon carcinogenesis                          | Induce tumour cell death                                                          |

Source: Adapted from Thakur and Sharma [4].

Table 3: Total phytosterols contents of selected foods

| Phytosterol food sources | Total phytosterols content (mg/100g) | Phytosterol food sources | Total phytosterols content (mg/100g) |
|-------------------------|--------------------------------------|-------------------------|--------------------------------------|
| Rice bran               | 1055                                 | Beet root               | 25                                   |
| Corn                    | 952                                  | Brussels sprout         | 24                                   |
| Wheat germ              | 553                                  | Cauliflower             | 18                                   |
| Flax seed               | 338                                  | Onion                   | 15                                   |
| Cottonseed              | 327                                  | Carrot                  | 12                                   |
| Soybean                 | 221                                  | Cabbage                 | 11                                   |
| Peanut                  | 206                                  | Yam                     | 10                                   |
| Olive                   | 176                                  | Cashew                  | 158                                  |
| Coconut                 | 91                                   | Almond                  | 143                                  |
| Palm                    | 49                                   | Pecan                   | 108                                  |
| Orange                  | 24                                   | Pistachio               | 108                                  |
| Banana                  | 16                                   | Walnut                  | 108                                  |
| Apple                   | 12                                   | Pea                     | 135                                  |
| Cherry                  | 12                                   | Kidney bean             | 127                                  |
| Peach                   | 10                                   | Broad bean              | 124                                  |
| Pear                    | 8                                    |                         |                                      |

Source: [26, 85, 86, 87, 88].

Table 4: Different types of resistant starch (RS) their potential health benefits

| Type of RS                | Property                                                                 | Food sources                                      |
|--------------------------|--------------------------------------------------------------------------|--------------------------------------------------|
| RS-1 Physically inaccessible starch | It is physically inaccessible or digested very slowly and incompletely as is entrapped inside the milled grains, heat soluble | Whole grains, milled grains, some legumes |
| RS-2 Native starch granules | It is native, uncooked granules of starch, high amylose starch, crystalline structure is retained during processing and makes it poorly susceptible to hydrolysis | high-amylose maize starch, potatoes |
| RS-3 non-granular starch-derived retrograded starch, formed during processing and |                                                                                     | Potatoes, bread and mostly |

Source: [13, 4, 5, 6, 7, 11, 14, 24, 36, 101].
Retrograded starch storage at low temperature, higher water holding capacity, resistant to digestion by pancreatic amylases formed during processing of food

| RS-4 | Chemically modified starch | It is chemically modified starch which is resistant to digestion. Formed due to crosslinking etherisation or esterification with chemicals so as to decrease their digestibility. | Drinks, breads and cakes |

**Table 5:** Physiological and functional effects of non-digestible oligosaccharides (NDOs)

| Major health benefit                                                                 |
|--------------------------------------------------------------------------------------|
| Non-carcinogenic                                                                      |
| Anti-diabetic                                                                         |
| Hypoglycaemic effect                                                                  |
| Stimulates growth of beneficial bacteria in colon                                      |
| Hypocholesterolemic effects                                                          |
| lowers risk of infections and diarrhoea                                               |
| Improves and enhances the response of immune system                                   |
| Increases the bioavailability of minerals (calcium, phosphorus, iron, and zinc)       |
| Inhibition of fat accumulation                                                       |
| Reduction of gall stone formation                                                    |

**Source:** [93, 94, 97, 101, 102, 103]

**Fig 1:** Different classes of phytochemicals [4, 9, 15, 95].
Fig 2: Quercetin and flavonoid content of some important fruits [4, 66, 67].

Fig 3: Glucosinolates (GLS) content of different cruciferous vegetables [4, 66, 67].

Fig 4: Total dietary fibre (%) content in different cereal grains [90, 91, 92].
Conclusion and future prospective
Nature is a unique and vast source of phytochemicals, many of which possess interesting biological activities and medicinal properties. It is difficult to establish a clear functional and structural similarity or difference among different phytochemicals especially their relationship regarding effects on biological systems. This is due to their wide spectrum occurrence, structural similarity and complexity of physiological reactions. Further, with a large number of phytochemicals which have been isolated so far from different flora, nature might still have many more in store. Foods containing a minimum concentration of these substances has a potential to maintain or improve health with specific diseases prevention potential. There are vast research opportunities in food and nutrition science to explore the complex behaviour and relationship between different food components. Advanced synthetic methodology and sophisticated isolation and analytical techniques of present era represents a vast vacuum in knowledge available about these dietary substances as many of such phytochemicals may be expected to be identified in future and could be used in functional food formulations. Also awareness about the health benefits of foods rich in phytochemicals to consumers is equally important so that consumers can make healthy food choices among foods they eat and enjoy.
Further, the claimed health benefits of the functional foods ingredient and their stability of during food preparation and storage must be studied to establish sound scientific rationales for their potential. Most of the data presently available pertaining to health benefits of various phytochemicals have been generated from in vitro studies and need to be verified through in vivo studies. Thus, more efforts are required to put these phytochemicals in direct use as functional food/nutraceutical with high retention in order to achieve specific functional health benefits associated with them. Keeping in mind abundance of these dietary substances in nature, there are exciting opportunities for people in food industries to formulate novel food products and provide the consumers with comparatively healthy food choices as presently there is a huge gap in market demand and supply of such food products.

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