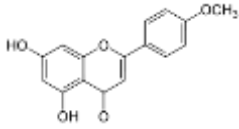
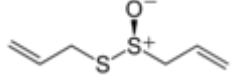

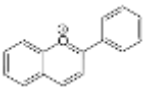
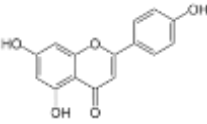
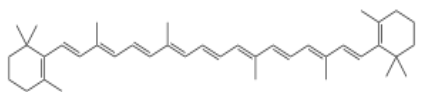
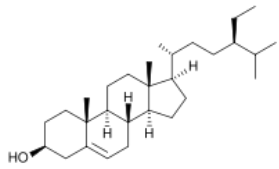
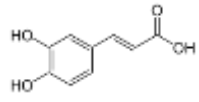
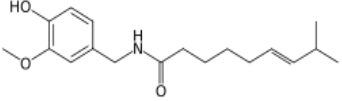
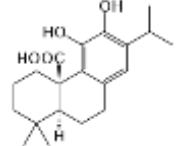
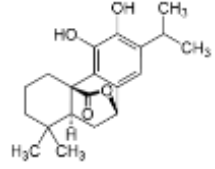
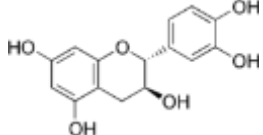
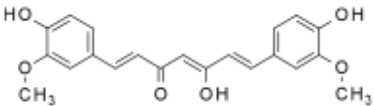
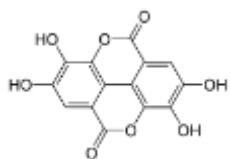
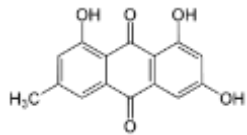
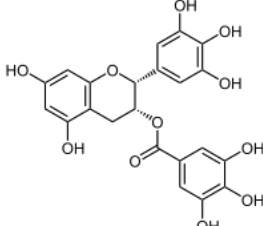
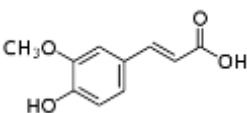
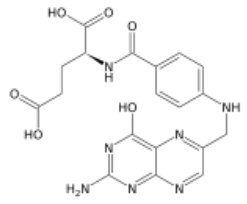
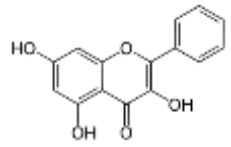
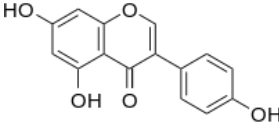
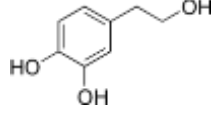
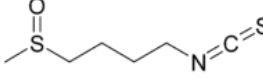
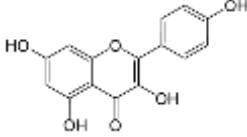
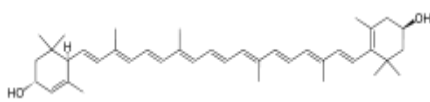
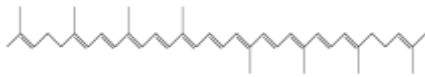
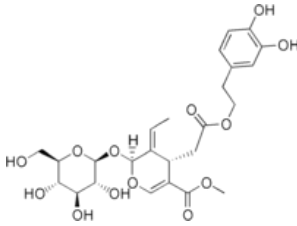
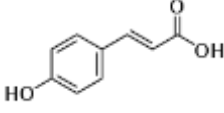
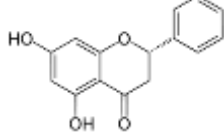
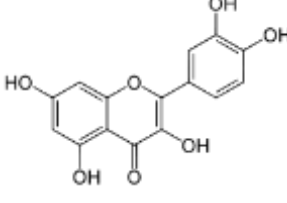
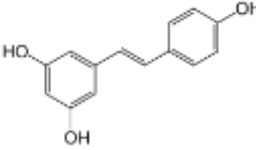
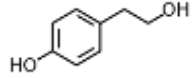
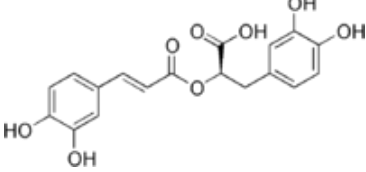
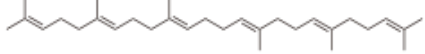
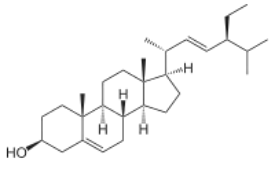
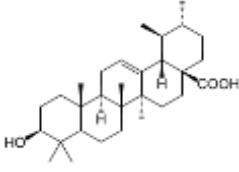
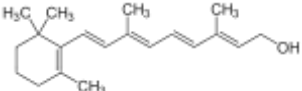
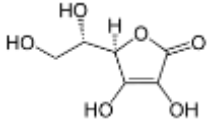
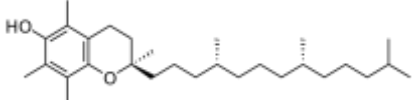


**Table 1.** Food compounds with chemopreventive activity in cancer of gastrointestinal tract.

Compound	Molecular formula	Chemical structure	Compound Identification Number	Foods and vegetables*	References
Acacetin	C <sub>16</sub> H <sub>12</sub> O <sub>5</sub>		5280442	Honey	Jaganathan and Mandal, 2009
Allicin	C <sub>6</sub> H <sub>10</sub> OS <sub>2</sub>		65036	Garlic	Khanum et al., 2004
Alpha-carotene	C <sub>40</sub> H <sub>56</sub>		4369188	Berries, carrots	Stoner et al., 2006
Anthocyanin	C <sub>15</sub> H <sub>11</sub> O <sup>+</sup>		<a href="#">145858</a>	Berries, grapes	Kaur et al., 2009
Apigenin	C <sub>15</sub> H <sub>10</sub> O <sub>5</sub>		5280443	Honey	Jaganathan and Mandal, 2009
Beta-carotene	C <sub>40</sub> H <sub>56</sub>		5280489	Berries, carrots	Stahl and Sies, 2005; Stoner et al., 2006
Beta-sitosterol	C <sub>29</sub> H <sub>50</sub> O		<a href="#">222284</a>	Berries	Stoner et al., 2006
Caffeic acid	C <sub>9</sub> H <sub>8</sub> O <sub>4</sub>		689043	Honey	Jaganathan and Mandal, 2009
Capsaicin	C <sub>18</sub> H <sub>27</sub> NO <sub>3</sub>		1548943	Chili peppers	Norton, 1998
Carnosic acid	C <sub>20</sub> H <sub>28</sub> O <sub>4</sub>		65126	Rosemary	Ngo et al., 2011
Carnosol	C <sub>20</sub> H <sub>26</sub> O <sub>4</sub>		442009	Rosemary	Ngo et al., 2011
Catechin	C <sub>15</sub> H <sub>14</sub> O <sub>6</sub>		9064	Grapes, tea	Kaur et al., 2009; Chow and Hakim, 2011

Curcumin	$C_{21}H_{20}O_6$		969516	Curcuma	Lu et al., 2008
Ellagic acid	$C_{14}H_6O_8$		5281855	Berries, pomegranate	Stoner et al., 2006, Bell and Hawthorne, 2008
Emodin	$C_{15}H_{10}O_5$		3220	Aloe vera	Akev et al. 2007
Epigallo catechin 3-gallate (EGCG)	$C_{22}H_{18}O_{11}$		65064	Green tea	Chow and Hakim, 2011
Ferulic acid	$C_{10}H_{10}O_4$		445858	Berries	Stoner et al., 2006
Folic acid	$C_{19}H_{19}N_7O_6$		6037	Berries	Stoner et al., 2006
Galangin	$C_{15}H_{10}O_5$		5281616	Honey	Jaganathan and Mandal, 2009
Genistein	$C_{15}H_{10}O_5$		5280961	Soy beans	Xiao, 2008
Hydroxytyrosol	$C_8H_{10}O_3$		82755	Olive	Omar 2010
Isothiocyanates, (sulforaphane)	$C_6H_{11}NOS_2$		<a href="#">9577379</a>	Broccoli	Herr and Buchler, 2010
Kaempferol	$C_{15}H_{10}O_6$		5280863	Berries, honey	Stoner et al, 2006 Jaganathan and Mandal, 2009
Lutein	$C_{40}H_{56}O_2$		6433159	Berries, grapes	Stoner et al., 2006 Kaur et al., 2009

Lycopene	$C_{40}H_{56}$		446925	Tomatoes, grapes	Agarwal and Rao, 2000
Oleuropein	$C_{25}H_{32}O_{13}$		5281544	Olive	Omar, 2010
p-coumaric acid	$C_9H_8O_3$		637542	Berries	Stoner et al., 2006
Pinocembrin	$C_{15}H_{12}O_4$		68071	Honey	Jaganathan and Mandal, 2009
Quercetin	$C_{15}H_{10}O_7$		5280343	Onion, berries, honey, grapes	Stoner et al., 2006; Jaganathan and Mandal, 2009; Kaur et al., 2009; Russo et al., 2012;
Resveratrol	$C_{14}H_{12}O_3$		445154	Grapes	Jang et al., 1997
Tyrosol	$C_8H_{10}O_2$		10393	Olive	Omar, 2010
Rosmarinic acid	$C_{18}H_{16}O_8$		5281792	Rosemary	Ngo et al., 2011
Squalene	$C_{30}H_{50}$		638072	Olive	Omar, 2010
Stigmasterol	$C_{29}H_{48}O$		<a href="#">5280794</a>	Berries	Stoner et al, 2006
Ursolic acid	$C_{30}H_{48}O_3$		<a href="#">64945</a>	Rosemary, basil	Ngo et 2011
Vitamin A	$C_{20}H_{30}O$		<a href="#">445354</a>	Berries, carrots	Stoner et al, 2006

Vitamin C	<u>C<sub>6</sub>H<sub>8</sub>O<sub>6</sub></u>		5785	Berries	Stoner et al, 2006
Vitamin E (Alpha-tocopherol)	C <sub>29</sub> H <sub>50</sub> O <sub>2</sub>		2116	Berries	Stoner et al, 2006

Chemical structure is from Wikipedia, available under the Creative License, molecular formula and Compound Identification (CID) number from U.S. NLM website <http://pubchem.ncbi.nlm.nih.gov/>.

\* Only the foods and vegetables described in this review are reported in this column.