
The Prevalence of Bioactives that Block Nf-kB in the Traditional Foods of Ikaria and Sardinia

Apigenin

CHAMOMILE (IAKRIA)
ARTICHOKE, FENNEL, CELERY, PARSLEY,
QUEEN ANN'S LACE, OLIVES/OLIVE OIL

Anthocyanins

WILD BERRIES, CHERRIES, SOUR CHERRIES

Caffeic Acid

FENNEL , OLIVES/OLIVE OIL, MARJORAM,
OREGANO, ROSEMARY, SAGE, THYME, PEARS,
GARBANZO BEANS, TOMATO

Capsaicin

CHILI PEPPERS (BOUKOVO) - IKARIA

Chrysin

HONEY (IKARIA)

Curcumin

Cinnamaldehyde

Ellagic Acid

GRAPES, BERRIES (MANY FORAGED
SEASONALLY AND WILD)
EPIGALLOCATECHIN GALLATE

Genistein

FAVA (BROAD BEAN)

Gingerol

Quercetin

BROAD BEANS, DILL, FENNEL, CHIVES,
BROAD LEAF DOCK, QUEEN ANN'S LACE,
(WILD) ONIONS, ,GARLIC, CAPERS, LOVAGE,
OLIVES/OLIVE OIL, ELDERBERRIES, RED
WINE, TOMATO, (LEMON)

Resveratrol

WINE, GRAPES
CONNONAU WINE (SARDINIA)

Silymarin

MILK THISTLE (SARDINIA)

Sulforaphane

INDOLE-3-CARBINOL

CABBAGE, WILD GREENS, (DANDELION),
ASPARAGUS (WILD), PURSLANE, WILD
MUSTARD, ROCKET (ARUGULA)