Match nutrient to its best food source:

Folate

Flavonides

Vitamin C

Carotenoids

Terpenes

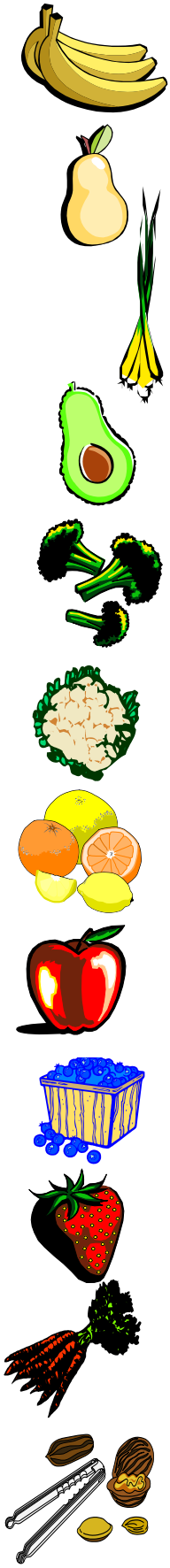
Mono-unsaturated Fats

Phytoestrogens

Fiber

Potassium

Indoles

Anthocyanin

Organosulfur