

Table 3: Overall Apparent Consumption of Nrf2 Raising Nutritional Components^{40–46}

Nutrient Component	Traditional Mediterranean Diet	Traditional Okinawan Diet
Phenolic antioxidants	High consumption from olives and olive oil, herbs, legumes, eggplant, many leafy green vegetables	High consumption from soy, many green vegetables and herbs; also provided by purple sweet potato varieties
Carotenoids	High consumption, especially from tomatoes and leafy green vegetables	Very high consumption, especially from sweet potatoes and many leafy green vegetables
Long-chain omega-3 fatty acids	High consumption from fish; also purslane and walnuts provide fatty acid precursors to the human body	High consumption from fish; also leafy green vegetables provide some fatty acid precursors to the human body
Isothiocyanates	Probably average for European diets	High from cruciferous vegetables and daikon radish, but no higher than other East Asian diets
Terpenoids	High from Mediterranean herbs, olives, peel of fruits, and eggplant	Uncertain
Allium-derived sulfur compounds	High consumption of garlic and onions	Relatively high (onions, other allium), probably similar to Chinese diet