

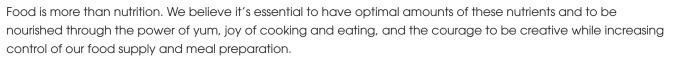
Phytonutrient Spectrum Foods



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Foods Apples Beans (adzuki, kidney, red) Beets Bell peppers Blood oranges	Cranberries Cherries Grapefruit <i>(pink)</i> Goji berries Grapes Onions Plums	Pomegranate Potatoes Radicchio Radishes Raspberries Strawberries Sweet red peppers	Rhubarb Rooibos tea Tomato Watermelon	Benefits Anti-cancer Anti-inflammatory Cell protection	Gastrointestinal health Heart health Hormone health Liver health
ORANGE					
Foods Apricots Bell peppers Cantaloupe Carrots	Mango Nectarine Orange Papaya Persimmons	Pumpkin Squash (acorn, buttercup, butternut, winter) Sweet potato	Tangerines Tumeric root Yams	Benefits Anti-cancer Anti-bacterial Immune health Cell protection	Reduced mortality Reproductive health Skin health Source of vitamin A
YELLOW					
Foods Apple Asian pears Banana	Bell peppers Corn Corn-on-the-cob Ginger root	Lemon Millet Pineapple	Starfruit Succotash Summer squash	Benefits Anti-cancer Anti-inflammatory Cell protection Cognition	Eye health Heart health Skin health Vascular health
GREEN					
Foods Apples Artichoke Asparagus Avocado Bamboo sprouts Bean sprouts Bell peppers Bitter melon	Bok choy Broccoli Broccolini Brussels sprouts Cabbage Celery Cucumbers Edamame/Soy beans Green beans	Green peas Green tea Greens (arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip) Limes	Okra Olives Pears Snow peas Watercress Zucchini Anti-cancer	Benefits Anti-inflammatory Brain health Cell protection	Skin health Hormone balance Heart health Liver health
BLUE/PURPLE/BI	LACK				
Foods Bell peppers Berries (blue, black, boysenberries, huckleberries, marionberries)	Cabbage Carrots Cauliflower Eggplant Figs	Grapes Kale Olives Plums Potatoes	Prunes Raisons Rice (black or purple)	Benefits Anti-cancer Anti-inflammator Cell protection	Cognitive health Heart health Liver health
WHITE/TAN/BRC	OWN				
Foods Apples Applesauce Bean dips Cauliflower Cocoa Coconut Coffee	Dates Garlic Ginger Jicama Legumes (chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/ low-fat)	Mushrooms Nuts (almonds, cashews, pecans, walnuts) Onions Pears Sauerkraut Seeds (flax, hemp, pumpkin, sesame, sunflower)	Shallots Soy Tahini Tea (black, white) Whole grains (barley, brown, rice, oat, quinoa, rye, spelt, wheat)	Benefits Anti-cancer Anti-microbial Cell protection Gastrointestinal health	Heart health Hormone health Liver health







6 STEPS TO GETTING MORE PHYTONUTRIENTS

1 Aim for 9-13 Servings of Plant Foods Everyday

We need about 9-13 servings of whole plant foods if we want to prevent chronic disease. A typical serving is only half a cup of cooked vegetables, one cup of raw leafy vegetable, or a medium-sized piece of fruit. It would be best to aim for every meal of the day to have about 3-4 servings of plant foods so that at three general meals per day (not including snacks), you would make your serving requirement on a daily basis.

Know Your Phytonutrient Sources

Phytonutrient-rich eats are limitless, making it fun to experiment with new varieties and colors even within one category of food. Here are some sources of phytonutrients to get you started: any and all plant foods, including fruits, vegetables, whole grains, legumes, nuts, seeds, and even herbs and spices.

Eat the Rainbow of Colors

Instead of getting the full rainbow of color, you may be eating the standard processed food colors of brown, yellow, and white. For example, think of the typical breakfast menu – waffles, pancakes, ready-to-eat cereal, sausage, and eggs – which does not necessarily provide much color early in the day. However, if you had a fruit smoothie with blueberries, peaches, and raspberries, you'd have three colors of the seven colors of the rainbow first thing in the morning! Make it your goal to get the full seven colors every day with a variety of foods.

4 Vary Your Choices

There are thousands of phytonutrients in nature. If we eat the same foods over and over again, even if they are colorful, we may be missing the universe of important phytonutrients in foods. One helpful hint is to try a new food every week to ensure that you are getting different foods to try!

Maximize Combinations

When we put certain foods together, we may achieve a better effect than if we just had the foods by themselves. Sometimes, there can be a "synergistic" result from combining certain foods. For example, putting turmeric with black pepper together with olive oil could enhance the phytonutrient effects of all three foods on your health. Adding lemon juice to spinach could help the iron become more absorbed by your body. Try putting plant foods together for an enhanced health benefit.

Be Creative with Substitutions

One way to get more plant foods would be to think of foods that are commonly eaten that may not be as nutrient dense and replace with nutrient-dense options. Some plant foods clearly give us more phytonutrients than others! For example, you could substitute mashed potatoes with mashed purple potatoes or sweet potatoes. You could substitute white rice with purple, brown, or black rice.

