

# Phytonutrients

Phytonutrients are amazing plant-based compounds that protect our cells and support our health in countless ways. Eating a diverse range of foods with different colors ensures your body has regular access to these molecules with anti-inflammatory and antioxidant properties. These same molecules also support gut, heart, and immune health in addition to their potent anti-cancer benefits.

- One serving of a fruit or vegetable is **1 cup raw or 1/2 cup cooked**.
- Aim for **5-9 servings** per day.
- Focus on eating a little bit of every color rather than large amounts of a few colors. **Variety matters!**
- Mixing colors results in synergy between the various molecules. So go for a bowl of mixed berries rather than just strawberries.
- Starting with breakfast, aim to have **4 colors on your plate** at each meal.
- When shopping, **look for color**. Choose colorful bell peppers and rainbow carrots over just one color.
- **Frozen fruits and vegetables** are great too, when fresh is not an option. Stock up on organic frozen berries when they are not in season. to use in smoothies.

## Instructions:

Circle the fruits and vegetables you eat regularly, and then look for which colors can use a boost.

RED	ORANGE	YELLOW	GREEN	BLUE/PURPLE	TAN/BROWN
Apples	Apricots	Bananas	Arugula	Beets	Black-eyed peas
Beets	Bell peppers	Bell peppers	Artichoke	Black currants	Garbanzo beans
Bell peppers	Butternut squash	Corn	Asparagus	Blackberries	Navy beans
Blood oranges	Cantaloupe	Ginger	Avocados	Blueberries	Cauliflower
Cherries	Carrots	Golden beets	Broccoli	Carrots	Coconut
Chili peppers	Grapefruit	Golden Kiwi	Brussel sprouts	Eggplant	Dates
Cranberries	Nectarines	Jackfruit	Collard greens	Elderberry	Garlic
Pomegranate	Oranges	Lemons	Cucumbers	Figs	Grains
Radicchio	Orange peppers	Mangos	Grapes	Passion fruit	Oats
Radishes	Papaya	Pineapple	Jalapenos	Plums	Quinoa
Raspberries	Peaches	Spaghetti squash	Kale	Prunes	Wheat
Red pears	Persimmons	Summer squash	Kiwi	Bell pepper	Amaranth
Rhubarb	Pumpkin	Yellow apples	Limes	Purple carrots	Jicama
Red grapes	Sweet potatoes	Yellow peppers	Okra	Purple cauliflower	Mushrooms
Strawberries	Tangerines	Yellow cherries	Peas	Purple potatoes	Shallots
Tomatoes	Turmeric	Yellow potatoes	Spinach	Red cabbage	Turnips
Watermelon	Yams	Yellow tomatoes	Swiss chard	Red onions	Whole grains

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