



# Phytonutrient Spectrum Foods

## RED

<b>Foods</b>	Cranberries	Plums	Strawberries	<b>Benefits</b>	Brain health
Apples	Cherries	Pomegranate	Sweet red peppers	Anti-bacterial	Cell protection
Beans ( <i>adzuki, kidney, red</i> )	Grapefruit ( <i>pink</i> )	Potatoes	Rhubarb	Anti-cancer	Heart health
Beets	Goji berries	Prickly pear	Rooibos tea	Anti-inflammatory	Prostate health
Bell peppers	Grapes	Radicchio	Tomato	Blood vessel health	
Blood oranges	Guava	Radishes	Watermelon		
	Onions	Raspberries			

## ORANGE

<b>Foods</b>	Mango	Pumpkin	Tangerines	<b>Benefits</b>	Heart health
Apricots	Nectarine	Squash ( <i>acorn, buttercup, butternut,</i>	Turmeric root	Anti-inflammatory	Reproductive health
Bell peppers	Orange	<i>winter</i> )	Yams	Blood vessel health	
Cantaloupe	Papaya	Sweet potato		Brain health	
Carrots	Persimmons			Cell protection	

## YELLOW

<b>Foods</b>	Corn	Millet	Succotash	<b>Benefits</b>	Heart health
Apple	Corn-on-the-cob	Passionfruit	Summer squash	Anti-inflammatory	Immune health
Asian pears	Ginger root	Pineapple		Cell protection	
Banana	Jackfruit	Plantains		Digestive health	
Bell peppers	Lemon	Starfruit		Eye health	

## GREEN

<b>Foods</b>	Broccoli	Green beans	Okra	<b>Benefits</b>	Cell protection
Apples	Broccolini	Green peas	Olives	Anti-cancer	Heart health
Artichoke	Brussels sprouts	Green tea	Nopales	Anti-inflammatory	Hormone balance
Asparagus	Cabbage	Greens ( <i>arugula, chard/swiss chard, collard, kale, mustard, spinach, turnip</i> )	Pears	Blood vessel health	Metabolic health
Avocado	Celery		Peppers	Bone health	
Bamboo sprouts	Chayote		Snow peas	Brain health	
Bean sprouts	Cucumbers		Tomatillos		
Bitter melon	Edamame/Soy beans	Kiwi	Watercress		
Bok choy	Feijoa	Limes	Zucchini		

## BLUE/PURPLE/BLACK

<b>Foods</b>	Cabbage	Grapes	Prunes	<b>Benefits</b>	Cell protection
Bell peppers	Carrots	Kale	Raisins	Anti-inflammatory	Digestive health
Berries ( <i>blue, black, boysenberries, huckleberries, marionberries</i> )	Cauliflower	Olives	Rice ( <i>black or purple</i> )	Blood vessel health	Heart health
	Eggplant	Plums		Bone health	Liver health
	Figs	Potatoes		Brain health	

## WHITE/TAN/BROWN

<b>Foods</b>	Dates	Nuts ( <i>almonds, cashews, pecans, walnuts</i> )	Tahini	<b>Benefits</b>	Cell protection
Apples	Garlic	Onions	Taro root	Anti-cancer	Digestive health
Applesauce	Ginger	Pears	Tea ( <i>black, white</i> )	Anti-inflammatory	Heart health
Bean dips	Jicama	Pitaya (dragon fruit)	Turnips	Blood vessel health	Immune health
Cassava (yuca root)	Legumes ( <i>chickpeas, dried beans or peas, hummus, lentils, peanuts</i> )	Seeds ( <i>flax, hemp, pumpkin, sesame, sunflower</i> )	Whole grains ( <i>amaranth, barley, brown rice, oat, quinoa, rye, spelt, teff, wheat</i> )	Bone health	Metabolic health
Cauliflower		Shallots		Brain health	
Cherimoya	Lychee	Soy			
Cocoa	Mushrooms				
Coconut					
Coffee					



# Eat a Rainbow of Phytonutrients

Food is more than nutrition. In addition to providing healthful phytonutrients, colorful foods in the Phytonutrient Spectrum provide nourishment through the joy of cooking, fulfillment in being creative, and time shared with family and friends.

## 6 STEPS TO GETTING MORE PHYTONUTRIENTS

### 1 Aim for 9 Servings of Plant Foods Everyday

We need at least 9 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 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.

### 2 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.

### 3 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!

### 5 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.

### 6 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.