

Phytonutrient Spectrum Foods

Red					
Foods				Benefits	
Apples	Cherries	Pomegranate	Sweet red peppers	Anti-bacterial	Brain health
Beans (<i>adzuki, kidney, red</i>)	Grapefruit (<i>pink</i>)	Potatoes	Rhubarb	Anti-cancer	Cell protection
Beets	Goji berries	Prickly pear	Rooibos tea	Anti-inflammatory	Heart health
Bell peppers	Grapes	Radicchio	Tomato	Blood vessel health	Prostate health
Blood oranges	Guava	Radishes	Watermelon		
Cranberries	Onions	Raspberries			
	Plums	Strawberries			
Orange					
Foods				Benefits	
Apricots	Nectarine	Squash (<i>acorn, buttercup, butternut, winter</i>)	Turmeric root	Anti-inflammatory	Cell protection
Bell peppers	Orange		Yams	Blood vessel health	Heart health
Cantaloupe	Papaya	Sweet potato		Brain health	Reproductive health
Carrots	Persimmons	Tangerines			
Mango	Pumpkin				
Yellow					
Foods				Benefits	
Apple	Corn	Lemon	Plantains	Anti-inflammatory	Eye health
Asian pears	Corn-on-the-cob	Millet	Starfruit	Cell protection	Heart health
Banana	Ginger root	Passionfruit	Succotash	Digestive health	Immune health
Bell peppers	Jackfruit	Pineapple	Summer squash		
Green					
Foods				Benefits	
Apples	Broccoli	Green peas	Okra	Anti-cancer	Cell protection
Artichoke	Brussels sprouts	Green tea	Olives	Anti-inflammatory	Heart health
Asparagus	Cabbage	Greens (<i>arugula, chard/swiss chard, collard, kale, mustard, spinach, turnip</i>)	Nopales	Blood vessel health	Hormone balance
Avocado	Celery		Pears	Bone health	Metabolic health
Bamboo sprouts	Chayote		Peppers	Brain health	
Bean sprouts	Cucumbers	Kiwi	Snow peas		
Bitter melon	Edamame/Soy beans	Limes	Tomatillos		
Bok choy	Feijoa		Watercress		
Broccoli	Green beans		Zucchini		
Blue/Purple/Black					
Foods				Benefits	
Bell peppers	Cabbage	Grapes	Prunes	Anti-inflammatory	Cell protection
Berries (<i>blue, black, boysenberries, huckleberries, marionberries</i>)	Carrots	Kale	Raisins	Blood vessel health	Digestive health
	Cauliflower	Olives	Rice (<i>black or purple</i>)	Bone health	Heart health
	Eggplant	Plums		Brain health	Liver health
	Figs	Potatoes			
White/Tan/Brown					
Foods				Benefits	
Apples	Garlic	Nuts (<i>almonds, cashews, pecans, walnuts</i>)	Soy	Anti-cancer	Cell protection
Applesauce	Ginger	Onions	Tahini	Anti-inflammatory	Digestive health
Bean dips	Jicama	Pears	Taro root	Blood vessel health	Heart health
Cassava (yuca root)	Legumes (<i>chickpeas, dried beans or peas, hummus, lentils, peanuts</i>)	Pitaya (dragon fruit)	Tea (<i>black, white</i>)	Bone health	Immune health
Cauliflower		Seeds (<i>flax, hemp, pumpkin, sesame, sunflower</i>)	Turnips	Brain health	Metabolic health
Cherimoya		Shallots	Whole grains (<i>amaranth, barley, brown rice, oat, quinoa, rye, spelt, teff, wheat</i>)		
Cocoa	Lychee				
Coconut	Mushrooms				
Coffee					
Dates					

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.

