Phytonutrient Spectrum Foods

RED

Foods
Apples
Beans *(adzuki, kidney, red)*
Beets
Bell peppers
Blood oranges
Cranberries
Cherries
Grapefruit *(pink)*
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

Benefits
Anti-cancer
Anti-inflammatory
Brain health
Cell protection
Skin health
Hormone balance
Heart health
Liver health

BLUE/PURPLE/BLACK

Foods
Bell peppers
Berries *(blue, black, boysenberries, huckleberries, marionberries)*
Cabbage
Carrots
Cauliflower
Eggplant
Figs
Grapes
Kale
Olives
Plums
Potatoes
Prunes
Raisins
Rice *(black or purple)*

Benefits
Anti-cancer
Anti-inflammator
Cell protection
Cognitive health
Heart health
Liver health

WHITE/TAN/BROWN

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

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Eat a Rainbow of Phytonutrients

Food is more than nutrition. We believe it's essential to have optimal amounts of these nutrients and to be nourished through the power of yum, joy of cooking and eating, and the courage to be creative while increasing control of our food supply and meal preparation.

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.

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.

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