



Phytonutrient Spectrum Foods

RED

Foods	Cranberries	Pomegranate	Rhubarb	Benefits	Gastrointestinal health
Apples	Cherries	Potatoes	Rooibos tea	Anti-cancer	Heart health
Beans (adzuki, kidney, red)	Grapefruit (pink)	Radicchio	Tomato	Anti-inflammatory	Hormone health
Beets	Goji berries	Radishes	Watermelon	Cell protection	Liver health
Bell peppers	Grapes	Raspberries			
Blood oranges	Onions	Strawberries			
	Plums	Sweet red peppers			

ORANGE

Foods	Mango	Pumpkin	Tangerines	Benefits	Reduced mortality
Apricots	Nectarine	Squash (acorn, butternut, winter)	Tumeric root	Anti-cancer	Reproductive health
Bell peppers	Orange	Sweet potato	Yams	Anti-bacterial	Skin health
Cantaloupe	Papaya			Immune health	Source of vitamin A
Carrots	Persimmons			Cell protection	

YELLOW

Foods	Bell peppers	Lemon	Starfruit	Benefits	Eye health
Apple	Corn	Millet	Succotash	Anti-cancer	Heart health
Asian pears	Corn-on-the-cob	Pineapple	Summer squash	Anti-inflammatory	Skin health
Banana	Ginger root			Cell protection	Vascular health
				Cognition	

GREEN

Foods	Bok choy	Green peas	Okra	Benefits	Skin health
Apples	Broccoli	Green tea	Olives	Anti-cancer	Hormone balance
Artichoke	Broccolini	Greens (arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip)	Pears	Anti-inflammatory	Heart health
Asparagus	Brussels sprouts	Limes	Snow peas	Brain health	Liver health
Avocado	Cabbage		Watercress	Cell protection	
Bamboo sprouts	Celery		Zucchini		
Bean sprouts	Cucumbers				
Bell peppers	Edamame/Soy beans				
Bitter melon	Green beans				

BLUE/PURPLE/BLACK

Foods	Cabbage	Grapes	Prunes	Benefits	Cognitive health
Bell peppers	Carrots	Kale	Raisins	Anti-cancer	Heart health
Berries (blue, black, boysenberries, huckleberries, marionberries)	Cauliflower	Olives	Rice (black or purple)	Anti-inflammatory	Liver health
	Eggplant	Plums		Cell protection	
	Figs	Potatoes			

WHITE/TAN/BROWN

Foods	Dates	Mushrooms	Shallots	Benefits	Heart health
Apples	Garlic	Nuts (almonds, cashews, pecans, walnuts)	Soy	Anti-cancer	Hormone health
Applesauce	Ginger	Onions	Tahini	Anti-microbial	Liver health
Bean dips	Jicama	Pears	Tea (black, white)	Cell protection	
Cauliflower	Legumes (chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat)	Sauerkraut	Whole grains (barley, brown, rice, oat, quinoa, rye, spelt, wheat)	Gastrointestinal health	
Cocoa		Seeds (flax, hemp, pumpkin, sesame, sunflower)			
Coconut					
Coffee					



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.