
Eat a Rainbow of Color

What are phytonutrients?

- The term “phyto” means plant. Phytonutrients are beneficial nutrients found in plant foods like vegetables, fruits, nuts, seeds, legumes (beans), and whole grains. Teas, herbs and spices also contain thousands of different phytonutrients.
- Some phytonutrients help protect our cells from damage and some support the body’s natural detoxification processes. Others have anti-inflammatory or anti-cancer effects, or promote brain, heart, skin, eye, or liver health. For example, red foods like strawberries are rich in lycopene, a phytonutrient that can help protect against some cancers and heart disease.

Eat the rainbow

- Phytonutrients contribute to the color of plant foods. By eating foods from every color group, you are getting a wide variety of these beneficial compounds.
- As a rule, the darker the color, the higher the phytonutrient content.
- Aim for at least one serving from each color group every day.
- One serving of vegetables is about ½ cup of cooked veggies or 1 cup of raw leafy greens; one serving of fruit is about ½ cup of fruit or one medium sized piece of fruit.
- See the table on the next page for examples of foods in each group.

Red	Orange	Yellow	Green	Blue/Purple/Black	White/Tan/Brown
Apples Beans (red, kidney, adzuki) Beets Bell Peppers Blood Oranges Cherries Cranberries Grapefruit (pink) Guava Plums Pomegranate Radicchio Radishes Raspberries Red leaf lettuce Red onion Red potatoes (with the skin) Rhubarb Strawberries Tomato Watermelon	Apricots Bell peppers Cantaloupe Carrots Mango Nectarine Orange Papaya Peaches Persimmons Pumpkin Sweet potato Tangerines Turmeric root Winter squash Yams	Apples Asian Pears Banana Bell peppers Corn Ginger root Golden beets Lemon Pineapple Plantains Starfruit Summer squash Wax beans Yellow Kiwi Yellow tomato Yellow watermelon Youkan gold potatoes	Apples Artichoke Asparagus Avocado Bean sprouts Bell peppers Bitter melon Bok choi Broccoli(ni) Brussels sprouts Cabbage Celery Cucumber Green beans/peas Green tea Greens Honeydew melon Limes Okra Olives Pears Seaweed Snap/snow peas Watercress Zucchini	Bell peppers Berries (blue, black, boysenberries, etc) Cabbage Carrots Cauliflower Eggplant Figs Grapes Purple kale Olives Plums Raisins Rice (black or purple)	Apples Applesauce Bamboo shoots Cauliflower Cocoa Coconut Coffee Dates Garlic Jicama Legumes (chickpeas, hummus, lentils, peanuts) Millet Mushrooms Nuts (almonds, cashews, pecan, walnuts) Onions Pears Seeds (flax, hemp, pumpkin, sesame, sunflower) Soy (tofu, soymilk) Tahini Tea (black, white) Whole grains (barley, brown rice, oat, quinoa, rye, spelt, wheat)