Phytonutrient Rich Foods: Add Color to Your Plate

Phytonutrients are natural compounds found in plant-based foods that give plants their rich pigment, as well as their distinctive taste and smell. They are essentially the plant’s immune system and offer protection to humans as well. There are thousands of phytonutrients that may help prevent cancer as well as provide other health benefits.

You should aim for 5-10 servings of colorful fruits and vegetables every day.

What Counts as a Serving?
One serving of fruits or vegetables can come from:
- 1 cup of leafy greens, berries, or melon chunks
- 1/2 cup for all other fruits and vegetables
- 1 medium-sized fruit or vegetable (e.g., apple or orange)
- 1/4 cup dried fruit
- 3/4 cup of 100% juice or fresh juice

The best way to increase your intake of phytonutrients is to eat a variety of plant-based foods, including fruits, vegetables, whole grains, spices, and tea. Supplements are a poor substitute, because phytonutrients work together as a team to provide a more potent protective punch when eaten as whole foods.

**Green**
Artichokes
Asparagus
Avocados
Bok choy*
Broccoli*
Brussels sprouts*
Cabbage*
Cilantro
Collard greens*
Greens (leafy)
Kale*
Kiwi
Lettuce
Okra
Parsley
Spinach
Turnip greens*
Watercress*

**Red**
Apples (w/skin)
Beets
Cherries
Cranberries
Grapefruit
Pomegranates
Radishes*
Raspberries
Red grapes
Red peppers
Strawberries
Tomatoes
Watermelon

**Yellow/Orange**
Apricots
Cantaloupe
Carrots
Guava
Mango
Oranges
Papaya
Peaches
Pumpkin
Squash (butternut)
Sweet potatoes
Tangerine
Turmeric

**Blue/Purple**
Blackberries
Blueberries
Eggplant
Plums or prunes

**White**
Cauliflower*
Garlic
Onions

**Other**
Dried beans
Flax seeds
Ginger
Green or black tea
Legumes
Nuts
Soy products
Whole grains

*Note: An asterisk (*) indicates a cruciferous vegetable. These vegetables are packed with dietary benefits and contain detoxifying enzymes. Aim for 1-2 servings of these vegetables every day.

For more information, visit our web page at www.danafarber.org/nutrition.