

## Phytonutrient-Rich Foods: Add color to your plate

Your goal is to aim for five to 10 servings of colorful fruits and vegetables every day.

### What Counts as a Serving?

**One serving =**

- 1 cup leafy greens, berries or melon chunks
- $\frac{1}{2}$  cup for all other fruits and vegetables
- 1 medium fruit/vegetable (i.e. apple, orange)
- $\frac{1}{4}$  cup dried fruit
- $\frac{3}{4}$  cup juice

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.

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, as these compounds "work together as a team" and provide a more potent protective punch when eaten as whole foods.

### Vegetables

Artichokes  
Asparagus  
Avocados  
Beets  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Eggplant  
Greens (Leafy)  
Kale  
Lettuce (Romaine)  
Okra  
Onions  
Peppers (Red)  
Pumpkin  
Spinach  
Squash (Butternut)  
Sweet Potatoes  
Tomatoes  
Watercress

### Fruits

Apples (w/skin)  
Apricots  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Cranberries  
Grapefruit (Red)  
Grapes (Red or Concord)  
Guava  
Kiwi  
Mango  
Oranges  
Papaya  
Peaches  
Plums  
Pomegranate or juice  
Prunes  
Raspberries  
Strawberries  
Tangerine  
Watermelon

### Spices

Cilantro  
Parsley  
Turmeric

### Other

Flax Seeds  
Garlic  
Ginger  
Green or Black Tea  
Legume and Dried  
Beans  
Nuts  
Soy Products  
Whole Grains