

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.