

# Colorful Fruits and Vegetables Provide Phytonutrients

COLOR	EXAMPLE OF FOODS	HELPFUL PHYTONUTRIENTS	RECIPES
RED	 Cherries and citrus fruit peel	Terpenes (such as perillyl alcohol, limonene, carnosol) help strengthen the immune system and fight off viruses.	<b>Fruit and Nut Bars</b> (cherries)
	 Tomatoes and watermelon	Carotenoids (such as beta-carotene, lycopene, lutein, zeaxanthin) help boost your immune system.	<b>Quinoa Tabbouleh</b> (tomato)
BLUE AND PURPLE	 Grapes and berries	Polyphenols (such as ellagic acid and resveratrol) can help prevent inflammation.	<b>Pear and Blueberry Crumble</b> (berries) <b>Mixed Berry and Yogurt Crepes</b> (berries)
GREEN	 Cruciferous vegetables (such as broccoli, cabbage, collard greens, kale, and Brussels sprouts)	Isothiocyanates, indoles, and glucosinolates (sulforaphane) help reduce heart risk and protect against certain cancers.	<b>Lemon Parmesan Chicken with Broccoli Rice</b> (broccoli) <b>Kiwi Green Smoothie</b> (kale)
ORANGE	 Carrots, apricots, cantaloupe, mangos, and oranges	Carotenoids (such as beta-carotene, lycopene, lutein, zeaxanthin) may reduce heart disease risk and boost your immune system.	<b>Shrimp Bento Bowl</b> (carrots) <b>Whitefish Tacos with Strawberry Mango Salsa</b> (mangos)
WHITE	 Onions, soybeans, and soy products (tofu, soy milk, edamame, etc.)	Flavonoids (such as anthocyanins and quercetin) help prevent inflammation and reduce blood pressure.	<b>Swiss and Spinach Strata</b> (onion)
	 Bran from grains like oats or rice	Inositol (phytic acid) may promote healthy cell growth.	<b>Chocolate Mint Smoothie</b> (oats)
BLACK/ BROWN	 Cocoa and dates	Flavonoids (procyanidin) help reduce blood pressure	<b>Chocolate Hummus</b> (cocoa and dates) <b>Homemade Nutella</b> (chocolate/cocoa)