



## Yesssss.....colors in the plate!!!

Food is more than nutrition: **It's information!** Phytonutrients or phytochemicals are components of plants that are powerful advocates for health. They stimulate enzymes that help the body get rid of toxins, strengthen the immune system, improve cardiovascular health, promote healthy metabolism of estrogen and stimulate the death of cancer cells.

<b>ORANGE</b>	<b>Benefits: immune health, reproductive health, skin health, cell protection, Source of vitamin A , anti-cancer, anti-bacterial</b>
Apricots, Bell Peppers, Cantaloupe, Carrots, Mango, Nectarine, Orange, Papaya, Persimmons, Pumpkin, Squash ( tough rind), Tangerines, Turmeric roots, Yams, Sweet Potato	
<b>YELLOW</b>	<b>Benefits: Vascular/Skin/Heart/Eye Health, Anti-Cancer, Anti-Inflammatory, Cell Protection, Cognition</b>
Apples, Asian pears, Summer Squash ( rind is still tender and edible), Pineapple, Millet, Lemon, Ginger root, Banana, Bell peppers, Corn, Starfruit, Succotash	
<b>RED</b>	<b>Benefits: Gastrointestinal/Liver/Heart/Hormones Health, Anti-Cancer, Anti-Inflammatory, Cell Protection</b>
Apples, Beans (Adzuki, kidney, red), Beets, Bell peppers, Blood oranges, cranberries, cherries, Pink Grapefruit, Goji berries, Grapes, Onions, Plums, Pomegranate, Potatoes, Radicchio, Radishes, Raspberries, Strawberries, Sweet red peppers, Rhubarb, Rooibos tea, Tomato, Watermelon	
<b>GREEN</b>	<b>Benefits: Brain/Liver/Heart/Skin/Hormones Health, Anti-Cancer, Anti-Inflammatory, Cell Protection</b>
Apples, Artichoke, Asparagus, Avocado, Bamboo sprouts, Bean sprouts, Bell peppers, Bitter melon, Bok Choy, Broccoli, Broccolini, Brussels sprouts, Cabbage, Celery, Cucumbers, Edamame, Soy beans, Green beans/peas/tea, Greens: arugula, beet, chard and swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip), Limes, Okra, Olives, Pears, Snow Peas, Watercress, Zucchini	
<b>BLUE/PURPLE/BLACK</b>	<b>Benefits: /Liver/Heart Health, Anti-Cancer, Anti-Inflammatory, Cell Protection, Cognitive Health</b>
Bell Peppers, Plums, Potatoes, Blueberries, Black berries, Boysenberries, Huckleberries, Marionberries, Cabbage, Carrots, Cauliflower, Olives, Eggplant, Figs, Kale, Grapes, Rice	
<b>WHITE/TAN/BROWN</b>	<b>Benefits: Gastrointestinal/Liver/Heart/Hormones Health, Anti-Cancer, Anti-microbial, Cell Protection</b>
Apples, Applesauce, Bean dips, Cauliflowers, Cocoa, Coconut, Coffee Dates, Garlic, Ginger, Jicama, Mushrooms, , Nuts, Onions, Pears, Seeds (flax, hemp, pumpkin, sesame, sunflower), Shallots, Soya, Tahini, Tea ( black, white), Whole Grains ( barley, brown rice, oats, rye, quinoa, spelt, wheat), Legumes (chickpeas, beans, hummus, lentils, peanuts), Sauerkraut	



# How to get more phytonutrients?

## 1. Know your sources

They are limitless!!! It's fun to experiment new varieties and categories of food. Start with any of all plant foods: fruits, vegetables, legumes, whole grains (could be gluten free) nuts, seeds, and herbs and spices. Spices provide high levels of phytonutrients. As a point of distinction, a spice is edible, aromatic, and dried. It comes from a plant's root, stem, bark, bud, leaves, flower, fruit, or seed. Herbs are usually leaves. When leaves are dried, they become a spice.

## 2. Eat the rainbow

If you add a smoothie with blueberries, leafy greens, and raspberries, you'd have three colors of the seven colors of the rainbow first thing in the morning! Make it your goal to get the full seven colors every day with a variety of foods. Try, diversify, create, go green, purple, add lemon or lime and ginger. Find yourself a 'go to'!

## 3. Plan 9-13 servings of plant foods - everyday

That's a goal when we focus on prevention. A typical serving is only **1/2 a cup of cooked vegetables, 1 cup of raw leafy vegetable, or a medium-sized piece of fruit.** Get about 3-4 servings of plant foods for every meal, so that at three meals per day, you would make your servings on a daily basis.

## 4. Vary

There are thousands of them in nature. Try a new food every week to ensure that you are getting different foods, different phytonutrients. This way you will have all the variety of phytonutrients.

## 5. Combine for synergy

We may achieve a better effect when we put certain foods together. Sometimes, there can be a "synergistic" result from combining certain foods. For example, putting turmeric with black pepper together with olive oil can enhance the phytonutrient effects on your health. Adding lemon juice to spinach could help the iron become more absorbed by your body. Try putting plant foods together for an enhanced health benefit.

## 6. Be creative

One way to get more plant foods would be to think of foods with nutrient-dense options. Some plant foods clearly give us more phytonutrients than others! For example, you could substitute mashed potatoes with mashed purple potatoes or sweet potatoes. You could substitute white rice with purple, brown, or black rice.





## How to get more phytonutrients?

**Smaller amounts of many phytochemicals may have greater beneficial effects than larger amounts of fewer phytochemicals \***

### **Note your ACTION steps that you can take tomorrow**

*Little by little, step by step, your choices matter - start with 1 action*

*(ideas: how many servings? or which color could you add this week, or a new veggie / a new fruit ?)*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**PRINT this funbook**

Use it as a reference : **if it's out of sight, it's out of mind**

Write any questions and reach out to Lucie at 1-888-556-4459 or [lucie@hygia.ca](mailto:lucie@hygia.ca) or on your Practice Better Chat Portal. Book a call or schedule a session.

\* (From Research: Dietary botanical diversity affects the reduction of oxidative biomarkers in women due to high vegetable and fruit intake. <https://www.ncbi.nlm.nih.gov/pubmed/16857842>)

