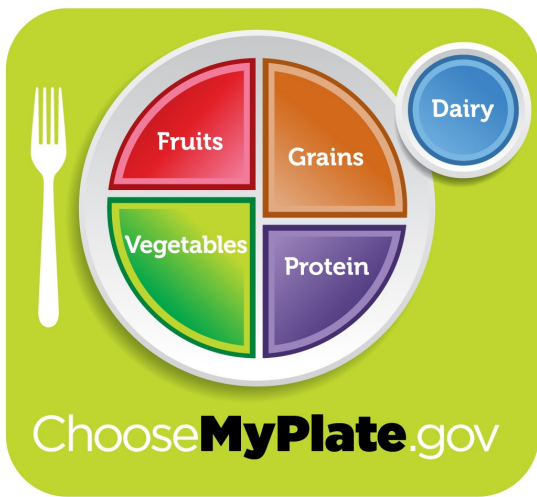


<p>Phytonutrients are substances in plants with strong health benefits. They are often pigments in food so COLORFUL fruits and vegetables have loads of Phytonutrients. Eat Color for Health! (Phyto means 'plant' = plant-nutrients)</p>	<ul style="list-style-type: none"> • Antioxidants to prevent cell damage • Promotes heart health • Calm inflammation • Help repair damaged DNA • Reduce risk of cancers • Eye health • Helps clear toxins • Promote healthy blood pressure • Improve brain function 	<ul style="list-style-type: none"> • Allyl Sulfides, • Carotenes, • Chlorophyll, • Indoles, • Isothiocyanates, • Lycopene, • Lutein, • Phenolics, • Organosulfur, • and thousands more...
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Green	Green grapes, honeydew, brussel sprouts, cabbage, broccoli, spinach, kale, lettuce, beans, peas, peppers
Orange	Apricots, oranges, peaches, mangoes, cantaloupe, sweet potato, yams, pumpkin, squash, carrots...
Yellow	Pineapple, grapefruit, summer squash, peppers, corn...
Blue/ Purple	Blueberries, raspberries, red grapes, eggplant, radicchio...
White	Bananas, apples, cauliflower, pears, onions, garlic, leeks, scallions, mushrooms, potato...
Red	Strawberries, cherries, watermelon, tomatoes, radishes, ruby grapefruit, red peppers, beets...
Color	Phyto-Nutrient Rich Fruits & Vegetables



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Color Me Healthy

Eating for a Rainbow of Benefits



Eat lots of colorful fruits and vegetables!