

Phytonutrients!

Serve a Rainbow with these antioxidant powerhouses!

What are phytonutrients?

Phytonutrients are compounds naturally found in fruits, vegetables, whole grains, nuts, beans, and tea leaves.

Why are they important?

- High in antioxidants to support free radical stabilization.
- Contain anti-inflammatory properties to reduce the risk of chronic disease.
- The source of polyphenols - i.e. the chemicals that result in the robust color of fruits and vegetables!

Almost 10,000 phytonutrients have been identified!
Below are a few common examples:

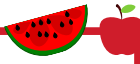




Flavonoids Most abundant phytonutrient! Includes quercetin, catechins and anthocyanins.

Carotenoids Includes alpha-carotene, beta-carotene, and lutein.

Chlorophyll Gives plants the bright green color and is crucial to trap light for photosynthesis.

Indoles When cut, chewed, or cooked can form indole-3-carbinol.

Mix and match produce from each group to maximize health benefits!

 Red Benefits: Helps protect against prostate cancer, reduces risk of stroke Specific nutrients: Lycopene (lai-kow-pene) and Anthocyanins (an-tho-sai-anin)	 Orange/Yellow Benefits: Keeps eyes and skin healthy, antioxidant Specific nutrients: Alpha and Beta-Carotene	 Green Benefits: Improves eye health, reduces the risk of certain cancers Specific nutrients: Lutein (lu-teen), Indoles	 Blue/Purple Benefits: Helps memory, anti-aging, heart Specific nutrients: Polyphenols and anthocyanins	 White/Tan/Brown Benefits: Lowers blood cholesterol, supports the immune system Specific nutrients: Allium and Flavonoids
--	--	--	--	--