

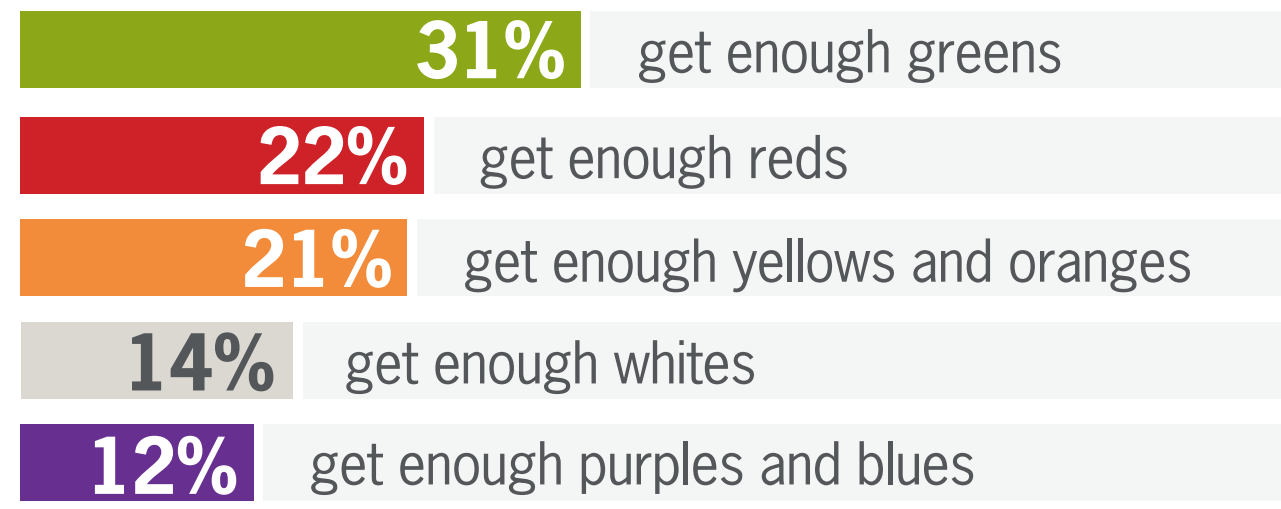
FRUITS & VEGETABLES:

THIS IS WHAT YOUR GRANDMA NEVER TAUGHT YOU

The vibrant colors of fruits & veggies aren't only nice to look at. They also tell us which special disease-fighting phytonutrients are inside. **Learn what the phytonutrients do. And how much of each you need to fight disease and stay stronger for longer.**

MOST PEOPLE DON'T GET ENOUGH PHYTONUTRIENTS.

These "color deficiencies" increase our risk of heart disease, osteoporosis, cancer, diabetes, and more.



To maximize your health, **EAT**



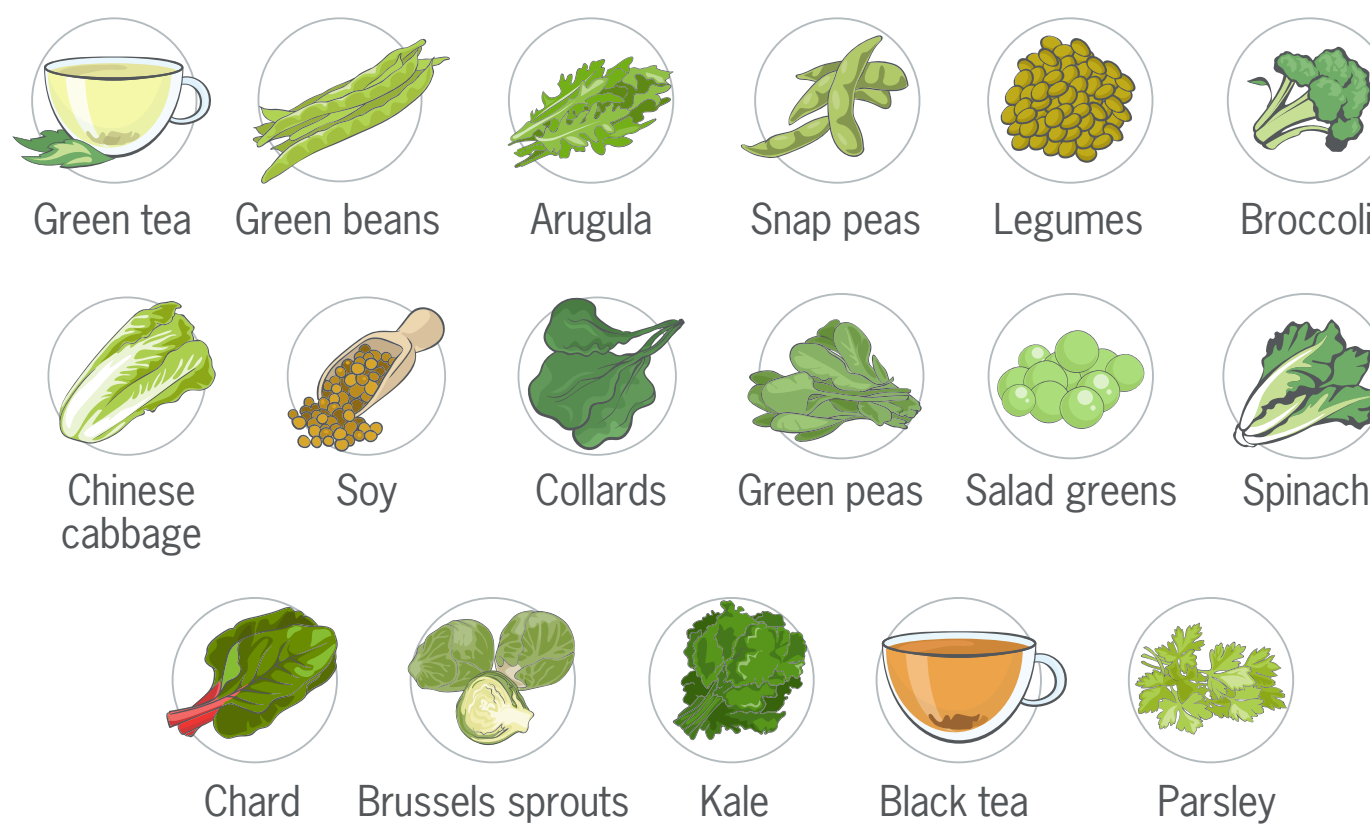
of **EACH COLOR** every day

GREENS

On average, adults eat **70 lbs** of POTATOES per year

By contrast, they only eat **1/4 lbs** of BRUSSELS SPROUTS

Cut heart disease risk by **22%** with 4 SERVINGS of legumes/week



GREEN FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

EGCG, isothiocyanate, lutein, zeaxanthin, isoflavones, flavonoids, coumestans

HERE'S HOW TO GET MORE GREENS IN YOUR DIET:

- Drink green tea
- Add kale, spinach, collards, and/or chard to smoothies
- Eat a variety of salad greens
- Make a bean salad with vinaigrette
- Add parsley to hummus
- Microwave frozen green peas
- Add cabbage and green beans to a stir-fry
- Include steamed broccoli

REDS

With a SPF of **25-50** raspberry seed oil can be used as sunscreen

It takes about **100** cherries to make one cup of cherry juice

Adults eat **22-24** pounds of tomatoes/tomato products per year



RED FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Lycopene, ellagic acid, caffeoylquinic acids, hydroxybenzoic acids

HERE'S HOW TO GET MORE REDS IN YOUR DIET:

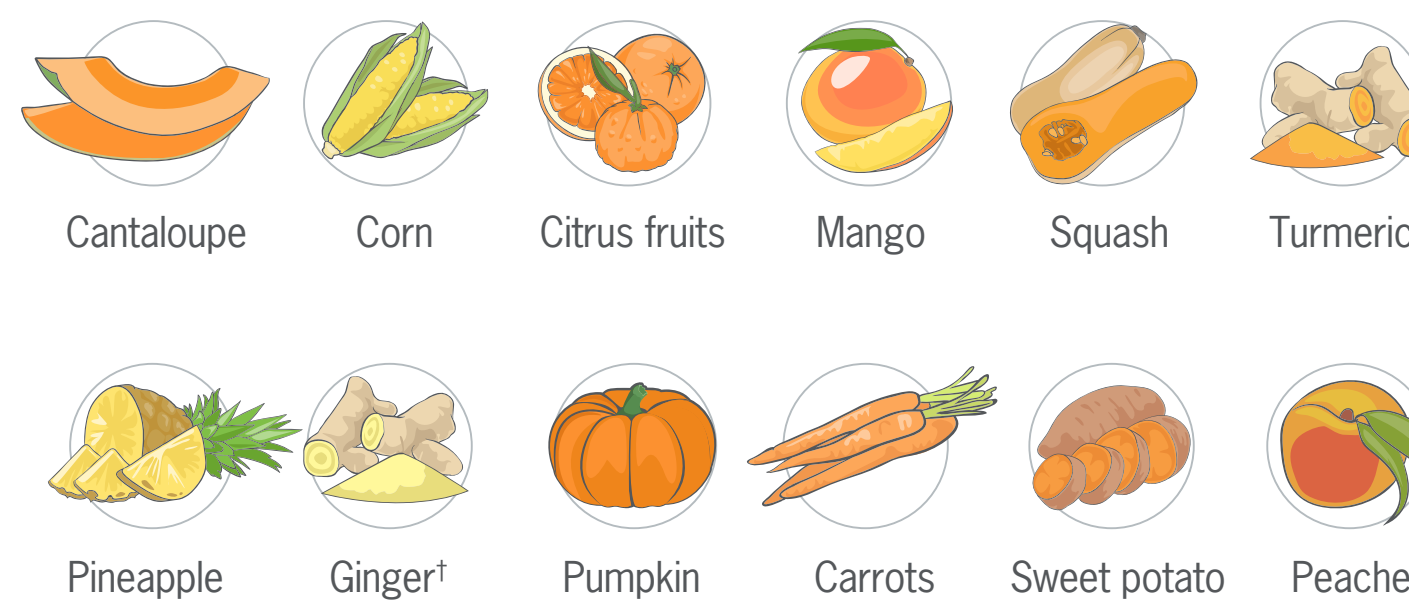
- Use tomato sauce for veggies, pasta, lasagna, or pizza
- Make a cranberry bread
- Snack on watermelon or grapefruit
- Add raspberries and walnuts to oatmeal
- Try cherries with cocoa powder in a smoothie
- Make chili with tomatoes and chili powder
- Try red cabbage slaw
- Homemade tomato soup

ORANGE

Adults eat **3.5 lbs** of sweet potatoes each year

The bioavailability of beta-carotene increases by **85%** when carrots are cooked

Acorn squash has **9g** of fiber per cooked cup



YELLOW/ORANGE FRUITS & VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Alpha-carotene, beta-carotene, hesperetin, beta-cryptoxanthin, flavonols, terpenoids, phthalides

HERE'S HOW TO GET MORE YELLOWS / ORANGES IN YOUR DIET:

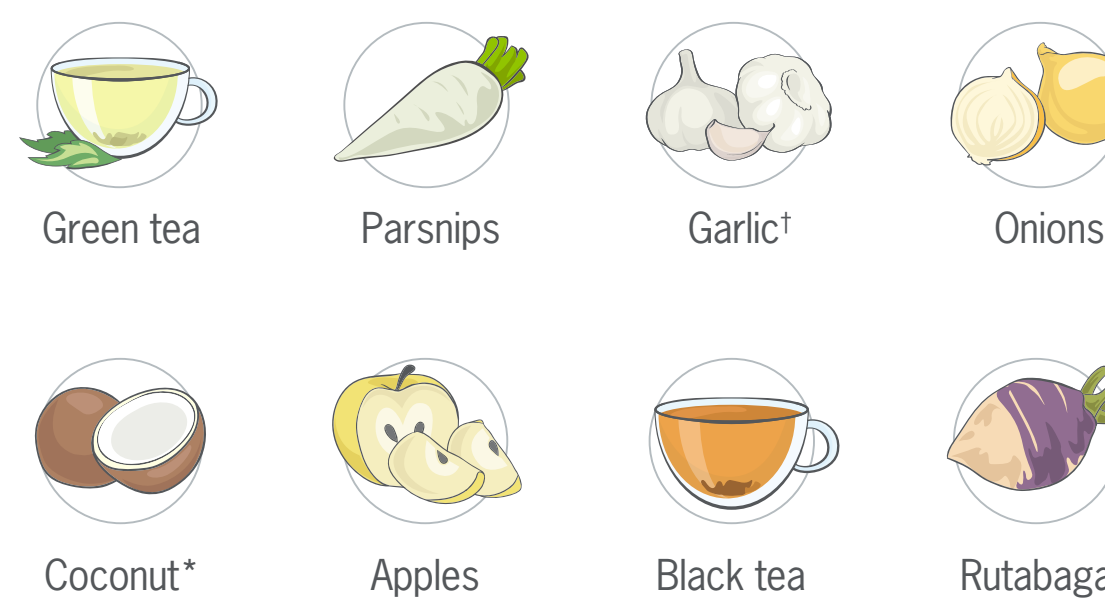
- Eat stuffed squash and pumpkin
- Try carrot and sweet potato soup
- Add turmeric to sauces, soups, dressings
- Add peaches or pineapple to smoothies
- Eat oranges, clementines, and cantaloupe
- Make a mango salad
- Add ginger to sauces, soups, dressings

WHITE

Eating **1 apple** may help to reduce garlic breath

Before cooking chopped garlic, wait **10 min** to preserve the phytonutrients

For an anticoagulant effect, eat **1 clove** of garlic per day



WHITE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Flavonols, allicin, quercetin, sulfides

HERE'S HOW TO GET MORE WHITES IN YOUR DIET:

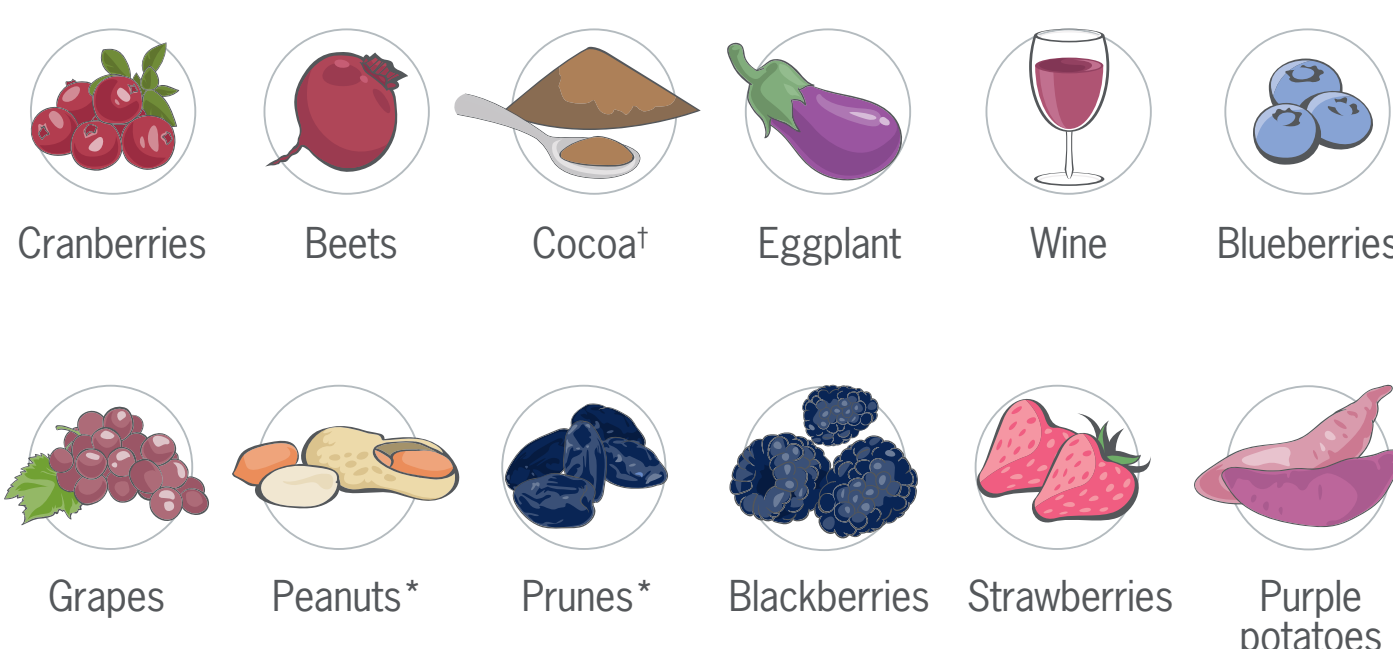
- Add garlic and onions to soup and stir-fries
- Drink some green or black tea
- Snack on apples
- Add coconut to a smoothie
- Make parsnip soup
- Try mashed cauliflower instead of potato

PURPLE

After eating beets, **10-15%** of the population develop pink urine

You can lower blood pressure with **500 ml** of beet juice

A handful of dried plums has **6g** of sorbitol, which has a laxative effect



PURPLE/BLUE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Anthocyanins, resveratrol, hydroxycinnamic acids

HERE'S HOW TO GET MORE WHITES IN YOUR DIET:

- Snack on grapes
- Add blueberries to oatmeal
- Make eggplant curry
- Try a roasted beet salad
- Add blackberries to smoothies
- Snack on strawberries
- Make a cranberry oat crumble

*For these foods, a single serving is 1/8 of a cup. † For these foods, a single serving is 1 tsp