

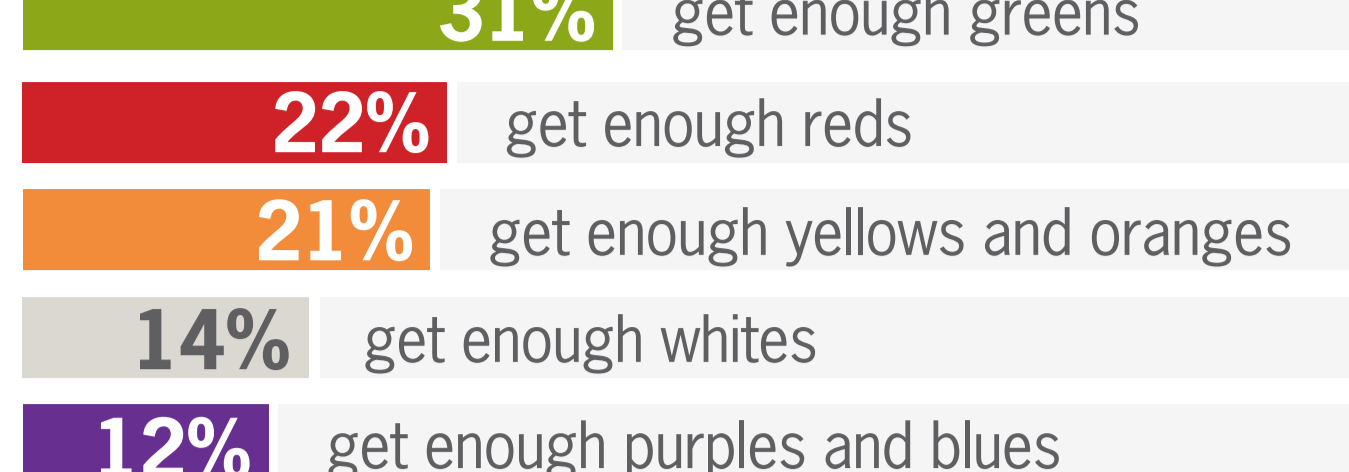
# FRUITS & VEGETABLES:

## 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.

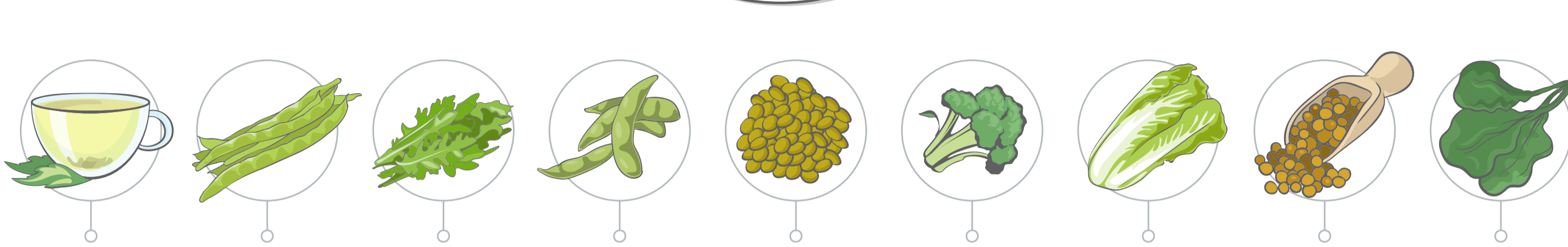
These "color deficiencies" increase our risk of heart disease, osteoporosis, cancer, diabetes, and more.



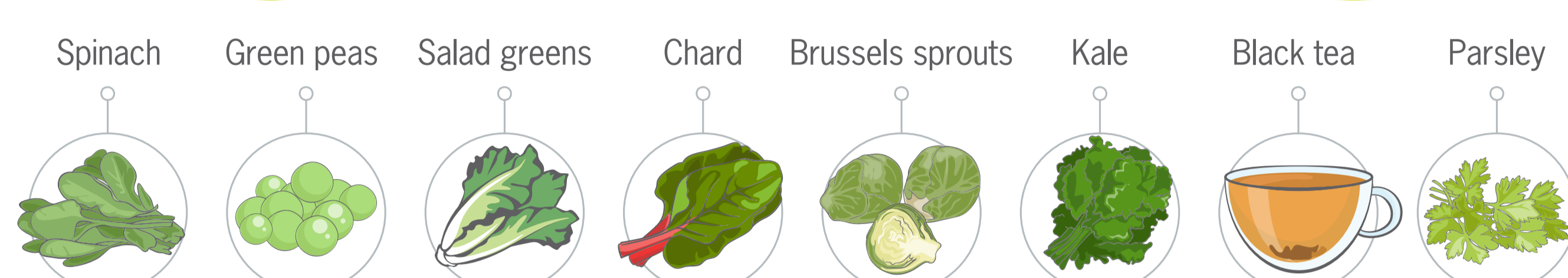
To maximize your health, EAT



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%**

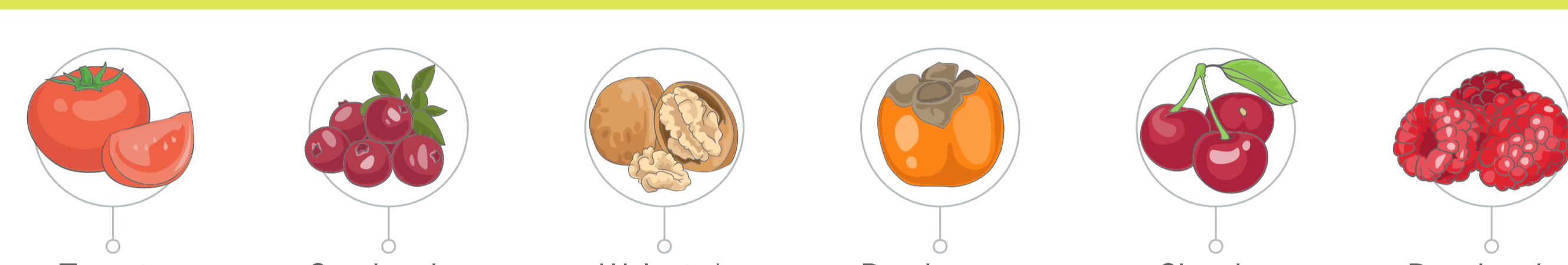
with 4 SERVINGS of legumes/week

### GREEN FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

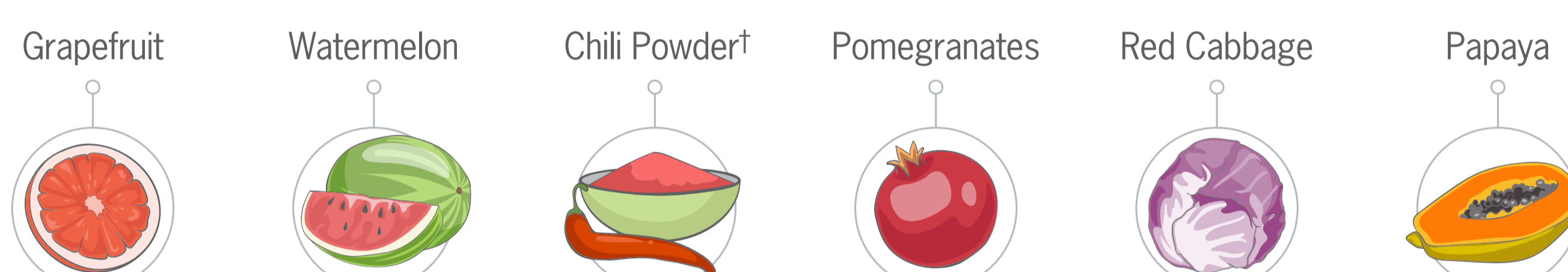
EGCG, isothiocyanate, lutein, zeaxanthin, isoflavones, flavonoids, coumestans

### 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**

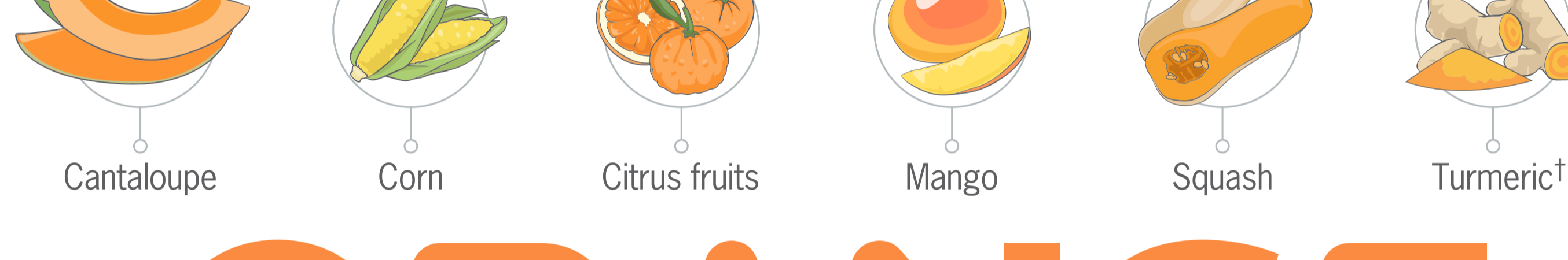
pounds of tomatoes/tomato products per year

### RED FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

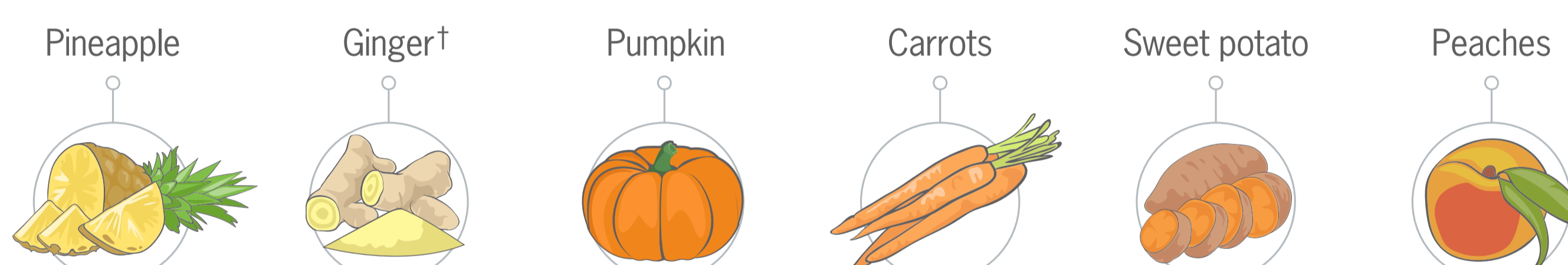
Lycopene, ellagic acid, caffeoylquinic acids, hydroxybenzoic acids

### 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**

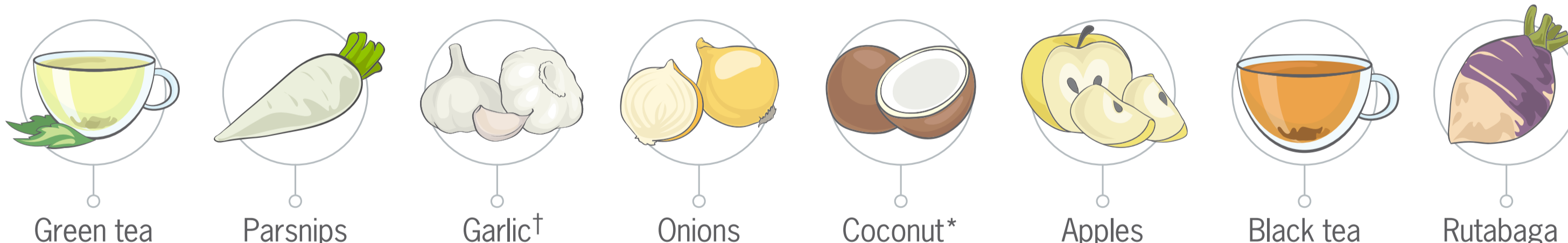
of fiber per cooked cup

### 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**

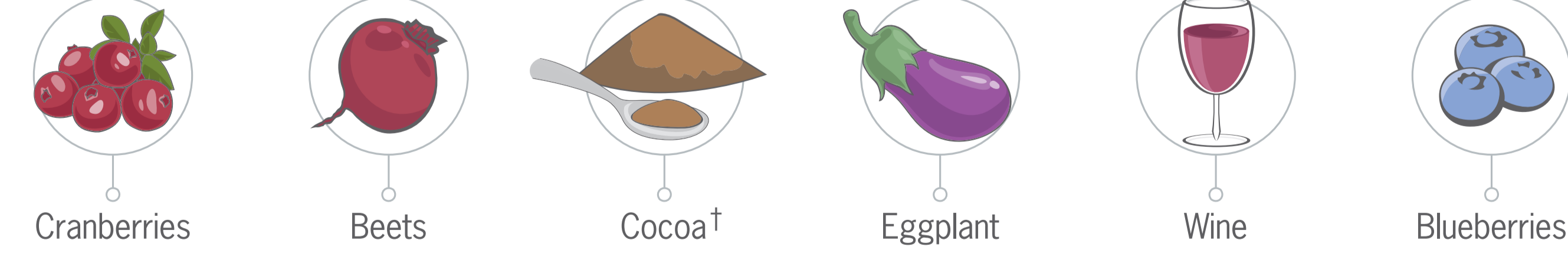
of garlic per day

### WHITE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

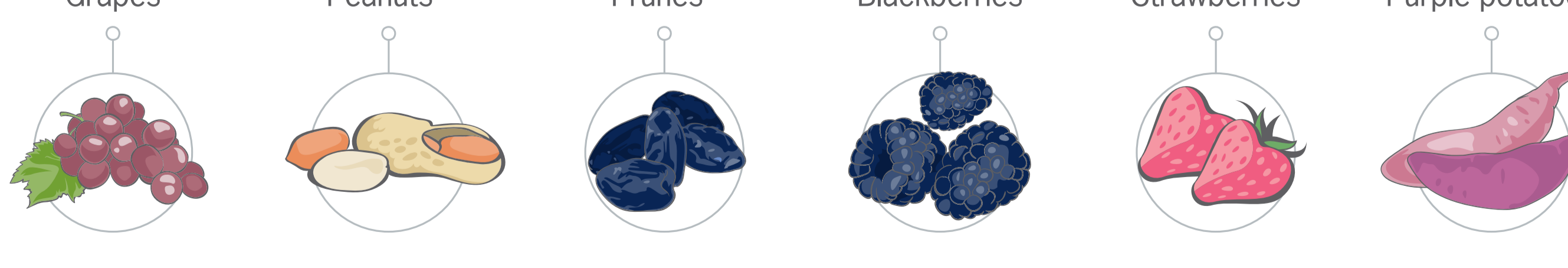
Flavonols, allicin, quercetin, sulfides

### 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 PURPLES/BLUES 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