

PHYTONUTRIENT CHEAT SHEET

HOW MANY SERVINGS OF EACH COLOR ARE YOU GETTING TODAY?

Only 20% of us get enough of the health-promoting, disease-fighting phytonutrients in colorful fruits and vegetables.

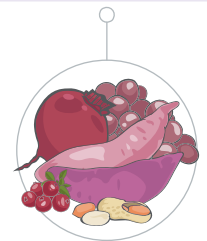
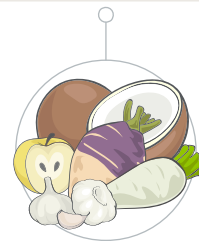
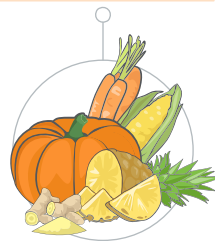
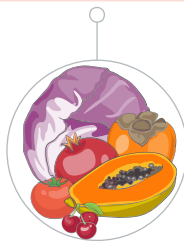
FOR YOUR BEST HEALTH, EAT TWO 1/2 CUP SERVINGS OF EACH COLOR, EVERY DAY.

AIM FOR



TWO 1/2 CUP SERVINGS OF EACH:

	GREEN	RED	ORANGE	WHITE	PURPLE
	Green or black tea, spinach, kale, salad greens, broccoli, collards, green peas, chard, parsley, watercress, green beans, Brussels sprouts, arugula, sugar snap peas, Chinese cabbage, legumes, etc.	Tomato, watermelon, grapefruit, pomegranates, raspberries, walnuts*, persimmons, red cabbage, chili powder†, cherries, papaya, cranberries, etc.	Cantaloupe, carrots, sweet potatoes, squash, citrus fruits, pumpkin, corn, peaches, turmeric†, ginger†, mango, corn, pineapple, etc.	Garlic†, onions, apples, black tea, green tea, coconut*, parsnips, rutabaga, etc.	Grapes, blueberries, cranberries, strawberries, blackberries, purple sweet potatoes, cocoa†, peanuts*, wine, beets, eggplant, prunes*, purple potatoes, etc.
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					



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