

# 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, find 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 **1 CUP** of EACH COLOR every day



## GREENS



On average, adults eat **70lbs** 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, isothiocyanates, lutein, zeaxanthin, soft astringes, flavonols, coumarins

### 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 vegetables
- Add parsley to hummus
- Microwave frozen green peas
- Add cabbage and green beans to a stir fry
- Include steamed broccoli



## REDS



With a SFF 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, hydrobenzoic acids

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

- Use tomato sauce for veggie, pasta, burgers, 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: Anthocyanins, catechins, flavonols, isoflavones, isoprenoids, B vitamins, isochlorogenic, polyphenols

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

- Eat coffee, soups, and porridge
- Try carrot and sweet potato soup
- Add banana to soups, soups, dressings
- Add peaches or pineapple to smoothies
- Eat oranges, Clementines, and clementines
- Make a mango salad
- Add ginger to soups, 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 antioxidant effect, eat **1 clove** of garlic per day

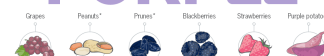
WHITE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS: Flavonols, alliin, quercetin, sulfur

### 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, hydroxybenzoic 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 blueberries
- 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