

LIFESTYLE TIP OF THE MONTH- AUGUST 2022

EAT A VARIETY OF PHYTONUTRIENTS

-PHYTONUTRIENTS are specific nutrients found in plant food that keeps us healthy and fight disease.

-Eat rainbow of plant food to get maximum benefit

5 Colors of Phytonutrients
8/10 Americans Don't Eat Enough Color...

Color Group	Percentage Don't Eat Enough	Phytonutrients	Benefits
Red	74%	lycopene, ellagic acid, quercetin, hesperidin, anthocyanidins	Supports prostate, urinary tract and DNA health. Protects against cancer & heart disease.
Purple/Blue	76%	resveratrol, anthocyanidins, phenolics, flavonoids	Good for heart, brain, bone, arteries, & cognitive health. Fights cancer & supports healthy aging.
Green	69%	lutein/zeaxanthin, isoflavones, EGCG, indoles, isothiocyanates, sulphoraphane	Supports eye health, arterial function, lung health, liver function, & cell health. Helps wound healing & gum health.
White	83%	EGCG, alliin, quercetin, indoles, glucosinolates	Supports healthy bones, circulatory system, & arterial function. Fights heart disease & cancer.
Yellow/Orange	80%	alpha-carotene, beta-carotene, beta cryptoxanthin, lutein/zeaxanthin, hesperidin	Good for eye health, healthy immune function, & healthy growth & development.

Goal: Eat two foods from each color group daily

PHYTONUTRIENTS

