



COUNTY OF SAN MATEO
HUMAN SERVICES AGENCY

Phytonutrients are natural compounds found in plant-based foods that give them their rich colors and flavors. They serve to protect the plant and keep it healthy, so eating fruits and vegetables every day helps to reduce our risk of chronic diseases and keep us healthy! Check out the prism in the picture above: each color contains different phytonutrients.

Aim for **about 5-10 servings** of fruits and vegetables every day.

How much is in a serving?

- 1 cup of raw leafy greens, berries, cut up chunks of melon
- ½ cup of other fruits or vegetables (cooked or raw)
- 1 medium sized fruit or vegetable (fits in palm of your hand)
- ¼ cup dried fruit
- ¾ cup of 100% juice or fresh juice

| Colors | Examples | Nutrients | Benefits | |
|----------------------|--|---|--|---|
| Red/Pink | Red Bell Peppers Cherries Tomatoes Watermelon Strawberries Guava Grapefruit | Beets Apples (w/skin) Raspberries Red Grapes Raisins Ra dishes | Flavonoids (antioxidant), Lycopene (antioxidant) Folate, Vitamin A, Vitamin C, Fiber | Helps with heart health, lowered risk of cancer, lowering inflammation |
| Yellow/Orange | Orange Bell Peppers Oranges Pumpkin Winter Squash Mango Carrots Papaya | Sweet Potato Turmeric Lemons Summer Squash Apricots Peaches Pineapple | Carotenoids (antioxidant) Vitamin C, Vitamin A, Potassium, Fiber | Helps with eye health, cancer prevention, wound healing, lowering inflammation |
| Green | Leafy Greens – spinach, kale, collards Green Bell Peppers Limes Kiwi Okra Avocado | Asparagus Artichokes Broccoli Herbs – cilantro, parsley, etc. Cabbage/Brussels Sprouts | Chlorophyll (antioxidant), isothiocyanates (antioxidant) Vitamin A, Vitamin C, Vitamin K, Fiber, Calcium, Iron, Folate, Potassium, Magnesium | Helps with eye health, cancer prevention, wound healing |
| Purple/Blue | Eggplant Red Cabbage Blueberries Blackberries | Grapes Plums Prunes Purple Yam | Anthocyanins (antioxidant) Vitamin C, Fiber | Helps to improve brain function, decrease memory loss, decrease risk of stroke and heart disease |
| White | Cauliflower Garlic Onion | Mushrooms Potatoes Bananas | Anthoxanthins (antioxidant) Vitamin C, Potassium, Sulfur-producing compounds, B Vitamins, Fiber | Helps to lower blood pressure, lower cholesterol, reduce risk of heart disease, prevent certain cancers |