



Phytonutrient Spectrum Checklist for Kids

RED

Foods

Apples
Applesauce
Cherries
Kidney beans

Pomegranate
Radishes
Strawberries

Sweet red bell peppers
Tomato

Weekly Servings

SUN	MON	TUE	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

ORANGE

Foods

Apricots
Bell peppers
Butternut squash

Cantaloupe
Carrots
Mango

Nectarine
Orange
Sweet potato

Weekly Servings

SUN	MON	TUE	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

YELLOW

Foods

Bell peppers
Corn
Lemon

Popcorn
Spaghetti squash
Starfruit

Succotash
Yellow squash

Weekly Servings

SUN	MON	TUE	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

GREEN

Foods

Asparagus
Avocado
Bean sprouts
Bell peppers
Broccoli
Brussels sprouts

Cabbage
Celery
Chard
Cucumbers
Green beans
Green peas

Greens (*beet, dandelion, collard, mustard, turnip*)
Kale
Lettuce
Olives
Snow peas

Weekly Servings

SUN	MON	TUE	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

BLUE/PURPLE

Foods

Blackberries
Blueberries
Cabbage (*purple*)
Carrots (*purple*)
Dates

Eggplant
Grapes (*purple*)
Kale (*purple*)
Plums

Potatoes (*purple*)
Raisins
Rice (*black or purple*)

Weekly Servings

SUN	MON	TUE	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

WHITE/TAN

Foods

Bean dips
Garlic
Hummus
Legumes

Nuts
Onions
Refried beans

Seeds
Shallots
Tahini

Weekly Servings

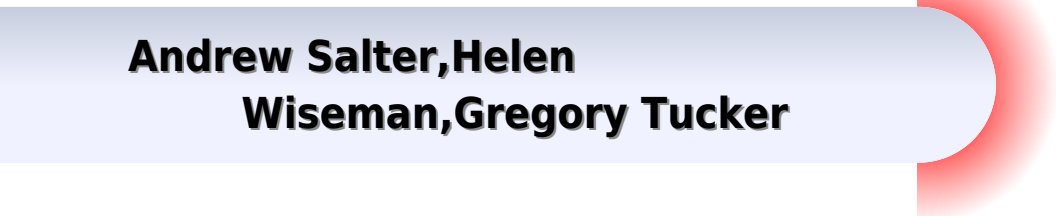
SUN	MON	TUE	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Eat at least 1-2 servings of every color everyday.



Ifm Phytonutrient Spectrum

**Andrew Salter, Helen
Wiseman, Gregory Tucker**



Ifm Phytonutrient Spectrum:

Phytonutrients Andrew Salter, Helen Wiseman, Gregory Tucker, 2012-02-01 In many Western diets the role of plants has been reduced in favour of more animal based products and this is now being cited more widely as being the cause of increases in the incidence of diseases such as cancer and cardiovascular disease This important book covers the biochemistry and nutritional importance of a wide range of phytonutrients including all the major macronutrients as well as the micronutrients and non essential nutrients Phytonutrients is divided into three parts The first deals with the role of plants in the human diet Part II representing the major part of the book covers in turn each of the major phytonutrient groups Chapters include non lipid micronutrients lipids and steroids carotenoids phenolics vitamins C E folate vitamin B12 phytoestrogens other phytonutrients and minerals and anti nutritional factors The final part of the book covers the methods used to manipulate levels of phytonutrients in the diet such as fortification supplementation and the use of genetically modified plants Phytonutrients is an essential purchase for nutritionists food scientists and plant biochemists particularly those dealing with nutrients from plants and their use in the human diet

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