

September 2018 Health Education: PRODUCE a healthy now & tomorrow

Fruits and vegetables get their colors from natural pigments. There are almost 2,000 known plant pigments, including more than 800 flavonoids, 450 carotenoids, and 150 anthocyanins.

<http://www.berkeleywellness.com/healthy-eating/food/slideshow/benefits-colorful-produce>

What Are Phytonutrients?

Phytonutrients ... polyphenols ... antioxidants ... what do all of these terms mean?

The term *phytonutrients* is a broad name for a wide variety of compounds produced by plants. They're found in fruits, vegetables, beans, grains, and other plants. Each phytonutrient comes from a variety of different plant sources and has different proposed effects on, and benefits for, the body. Some researchers estimate there are up to 4,000 phytonutrients! Scientists have identified thousands of them, although only a small fraction of phytonutrients have been studied closely.

Common Names for phytonutrients: [antioxidants](#), flavonoids, phytochemicals, flavones, isoflavones, catechins, anthocyanidins, isothiocyanates, carotenoids, allyl sulfides, polyphenols

How Do You Get Phytonutrients?

Phytonutrients are found in plant foods (fruits, vegetables, beans, grains). By maintaining a [balanced eating pattern](#) that includes different [forms](#) and [colors](#) of fruits and vegetables, you'll provide your body with a wide variety of all beneficial compounds, including phytonutrients! So, enjoy your fruits and veggies [during every eating occasion](#) ... just fill [half your plate](#) with them and leave the rest for grains and protein.

The Health Benefits of Phytonutrients

New experimental studies are emerging that demonstrate multiple effects of fruits and vegetables (and their phytonutrients), suggesting that **they may have an even greater role to play in human health** than the already positive results seen to date.

Fruits & Vegetables On A Budget

[Fruits](#) and [veggies](#) don't need to break the bank. **Get Smart!** It's easy to include more without spending more. Remember, [all forms count](#), so look for weekly specials throughout the store and try these other tips for including MORE.



Sale sleuth: Let your kids scan the circulars for sales in all forms: fresh, frozen, canned, dried and 100% juice. With a portion of the savings, let them pick out a new book (or other prize)!



Shop and chop: Buy fresh produce and chop immediately yourself. Store in the fridge so you can throw veggies into a bowl for the same convenience as pre-chopped packages—with much less cost!



Sacks 'n packs: Buy produce in bulk for a cost-efficient trip. Make double the dish and freeze half for an ultra-convenient dish down the road!



Avoid the dinner doldrums: Seasonal fresh fruits and vegetables are often less expensive than those from different climates. So, take advantage of seasonal produce in planning your meals!



From the fridge to the freezer: Freeze uneaten portions of fresh vegetables, by dicing, blanching and placing in small containers. Use later in Western omelets, chicken and [broccoli](#) stir-fries or good old-fashioned beef stew.



Multiply and divide: Prepare dinner meals (casseroles, pasta dishes and soups) by doubling the veggies and reducing the meat, as veggies are often less expensive. Add beans for extra low-cost protein.

Family Dinner With Fruits & Vegetables

Getting more [fruits](#) and [vegetables](#) in **at the dinner** doesn't have to be a struggle. Hey, why not add fruits and vegetables to the meals you are already making? How Smart! Or, make a meal starring just fruits and vegetables. Try these tips for convenient ways to add MORE!



Double the deliciousness: Add a can of veggies, such as [corn](#) or [green beans](#), to a can of soup—or [onions](#), [peppers](#) and/or [mushrooms](#) to that jar of spaghetti sauce.



Create yummy rainbow lasagna: Tuck shredded [carrots](#), sliced yellow peppers and chopped [spinach](#) into each layer for a rainbow of flavors. For pickier palates, add pureed vegetables to the sauce.



Create a Picasso pizza or a colorful fiesta: “Paint” your pizza with peppers, [broccoli](#), spinach and [pineapple](#) or dress up your taco dinner with sweet peppers, [cucumbers](#), and [avocado](#).



Try a favorite dish in a new way: Serve spaghetti squash instead of pasta, topped with your favorite sauce and diced vegetables.



Sumptuous soups: Whip up homemade soups from pureed cooked veggies, livened up with a handful of herbs and thinned with a little canned vegetable or chicken broth.



Get Smart, [all forms count](#): All fruits and veggies count towards your daily intake—so, add frozen to canned, and fresh to frozen—mix and match!

Eating Fruits & Vegetables On The Go

Eating on the go can feel chaotic, but it's easy to include more [fruits](#) and [vegetables](#) away from home. Try these **easy to prepare ideas and tips** to avoid last minute sugary, high-fat snacks and meals that can really slow you down.



Choose the right combos: Many restaurants offer soup/salad/sandwich options to mix and match. Try the vegetable soup, or order extra veggies on your sandwich (try sliced [peppers](#), [cucumbers](#) and [avocados](#) in addition to [lettuce](#) and [tomato](#)). Or pick a salad for a variety of fruit and veggie options. Remember to order the dressing on the side for calorie control.



Create your own vegetable plate: Many restaurants offer two or three vegetable selections, which can often change daily. Ask for a plate of these specials to make it easy to get MORE!



Get sizzln': Order sizzling options on the menu that include lots of vegetables like stir fry or fajita entrees.



Roll it up: Make a fruit roll-up that travels anywhere. Start with tortillas and peanut butter, then add your favorite fruits— [fresh or dried](#).



Meals on wheels: [Apples](#), [bananas](#), and [plums](#) are nature's fast foods—fresh or dried, they're mess-free in the car.

Check out this resource for meal makeover suggestions! <https://www.fruitsandveggiesmorematters.org/give-your-plate-a-makeover>

www.fruitsandveggiesmorematters.org

5 Colors of Phytonutrients



8/10 Americans Don't Eat Enough Color...

74% Don't Eat Enough Red

Phytonutrients:
lycopene, ellagic acid, quercetin, hesperidin, anthocyanidins



Red Benefits

Supports prostate, urinary tract and DNA health. Protects against cancer & heart disease.

76% Don't Eat Enough Purple/Blue

Phytonutrients:
resveratrol, anthocyanidins, phenolics, flavonoids



Purple Benefits

Good for heart, brain, bone, arteries, & cognitive health. Fights cancer & supports healthy aging.

69% Don't Eat Enough Green

Phytonutrients:
lutein/zeaxanthin, isoflavones, EGCG, indoles, isothiocyanates, sulphoraphane



Green Benefits

Supports eye health, arterial function, lung health, liver function, & cell health. Helps wound healing & gum health.

83% Don't Eat Enough White

Phytonutrients:
EGCG, allicin, quercetin, indoles, glucosinolates



White Benefits

Supports healthy bones, circulatory system, & arterial function. Fights heart disease & cancer.

80% Don't Eat Enough Yellow/Orange

Phytonutrients:
alpha-carotene, beta-carotene, beta cryptoxanthin, lutein/zeaxanthin, hesperidin



Yellow Benefits

Good for eye health, healthy immune function, & healthy growth & development.

Goal: Eat two foods from each color group daily



NaturalHealthyConcepts.com

SOURCES:
webmd.com/diet/phytonutrients-
nutrilite.com/en-us/Media/AmericaPhytonutrientReport.pdf



Healthy For Good™

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- raspberries
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarbs
- strawberries
- tomatoes
- watermelons

BLUE & PURPLE

- blackberries
- blueberries
- eggplants
- grapes
- plums
- prunes
- purple figs
- purple onions
- radicchio
- red cabbage
- red onions

EAT MORE COLOR

YELLOW & ORANGE

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

WHITE & BROWN

- bananas
- brown pears
- cauliflower
- currants
- dates
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- raisins
- shallots
- turnips

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

heart.org/addcolor
#ADDCOLOR

