

PHYTONUTRIENTS IN FOODS

What Are They?

Phytonutrients are chemical compounds found in plant foods that have strong anti-inflammatory and health benefits. Phytonutrients are commonly categorized by the colors they present in foods



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What Do They Do?



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How to Include Them

The more variety of plant-based foods in the diet, the better, including a wide variety of colors. Aim for plant-based foods from each color category each week.

Add blueberries: smoothies, eat frozen, or add to oatmeal

Snack on grapes and peanuts: think PB and J

Add riced cauliflower to ground beef in recipes

Aim for a salad with cruciferous veggies daily



Add flavor to meals with fresh minced garlic

Include green tea into your drink rotation

Snack on bell peppers and carrots dipped in hummus

Add a yogurt bowl with berries and walnuts to breakfast