

## THE POWER OF PHYTOCHEMICALS

A phytochemical (fight-o-chemical) is a natural bioactive compound found in fruits and vegetables that works together with vitamins, minerals, and fiber to promote good benefit to your health in many ways. The bioactive functions of phytochemicals—or the way they work in your body—is an ongoing area of research. Some studies show that phytochemicals can act as antioxidants, stimulate detoxification enzymes, stimulate the immune system, positively affect hormones, and act as antibacterial or antiviral agents.

Phytochemicals are usually related to the color of fruits and vegetables—green, yellow-orange, red, blue-purple, and white. Hundreds of phytochemicals have been discovered. You can benefit from all of them by eating 5 to 9 servings of colorful fruits and vegetables everyday. Here are some examples:

COLOR	PHYTOCHEMICAL	FOUND IN
Green	Lutein and zeaxanthin	Turnip, Collard, and Mustard Greens, Kale, Spinach, Lettuce, Broccoli, Green peas, Kiwi, Honeydew Melon
	Indoles	Broccoli, Cabbage, Brussels Sprouts, Bok Choy, Arugula, Swiss Chard, Turnips, Rutabaga, Watercress, Cauliflower, Kale
	Vitamin K	Swiss Chard, Kale, Brussels Sprouts, Spinach, Turnip Greens, Watercress, Endive, Lettuce, Mustard Greens, Cabbage
	Potassium	Leafy greens, Broccoli
Yellow/Orange	Beta-Carotene & Vitamin A	Carrots, Sweet Potatoes, Pumpkin, Butternut Squash, Cantaloupe, Mangoes, Apricots, Peaches
	Bioflavonoids & Vitamin C	Oranges, Grapefruit, Lemons, Tangerines, Clementines, Peaches, Papaya, Apricots, Nectarines, Pears, Pineapple, Yellow Raisins, Yellow Pepper
	Potassium	Bananas, Oranges, Grapefruit, Lemons, Pineapple, Apricots

Red	Vitamin C  Anthocyanins	Cranberries, Pink Grapefruit, Raspberries, Strawberries, Watermelon, Red Cabbage, Red Pepper, Radishes, Tomatoes  Raspberries, Cherries, Strawberries, Cranberries, Beets, Apples, Red Cabbage, Red Onion, Kidney Beans, Red Beans
Blue/Purple	Anthocyanins & Vitamin C  Phenolics	Blueberries, Blackberries, Purple Grapes, Black Currants, Elderberries  Dried Plums (Prunes), Raisins, Plums, Eggplant
White	Allium & Allicin	Garlic, Onions, Leeks, Scallions, Chives

For more information, including recipes, on incorporating more fruits and vegetables into your daily food intake visit [www.5aday.gov](http://www.5aday.gov)