**EAT THE RAINBOW**

Fruit and vegetable recommendations are based on age, sex, and activity level. Please refer to hyperlink for recommendations: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-3/>

<https://health.gov/dietaryguidelines/2015/guidelines/appendix-5/>

Phytonutrients are compounds found in plants that act as antioxidant, anti-inflammatory, detoxifier. Phytonutrients consist of:

* Carotenoids
* Ellagic acid
* Flavonoids
* Glucosinolates
* Phytoestrogens
* Resveratrol

Consume a variety of colors for a complete phytonutrient profile.

* **Blue/Purple vegetables/fruits:** Contain Anthocyanin which aid in heart health and blood pressure.
* **Green fruit/vegetables**: Contain Indoles/Isothiocyanates which aids the liver in disposing of carcinogenic compounds. They contain Vitamin K, Folic Acid, Potassium, Carotenoids, and Sulforaphane. Sulforaphane help to detoxify carcinogenic compounds.
* **Yellow/green Fruit/vegetable**: Contain Lutein that aids in eye health.
* **Red fruit/vegetables**: Contain Lycopene, Vitamin C, Folate, and Flavonoids. The compounds reduce inflammation in the body, protects against some cancers and protects the heart.
* **Yellow/Orange fruit vegetables**: Contain Beta-Carotene which is important for vision, skin, bone health and immune function.

Flavonoids the largest phytochemical group of 4000 different Flavonoids mostly lack color.

Flavonoid categories:

* Flavonols: found in berries, grapes, spinach, apples, broccoli cranberries
* Flavones: found in celery, lettuce, parsley, beats, bell peppers, brussels sprouts
* Flavanones: Found in oranges, limes, lemons, and grapefruit.