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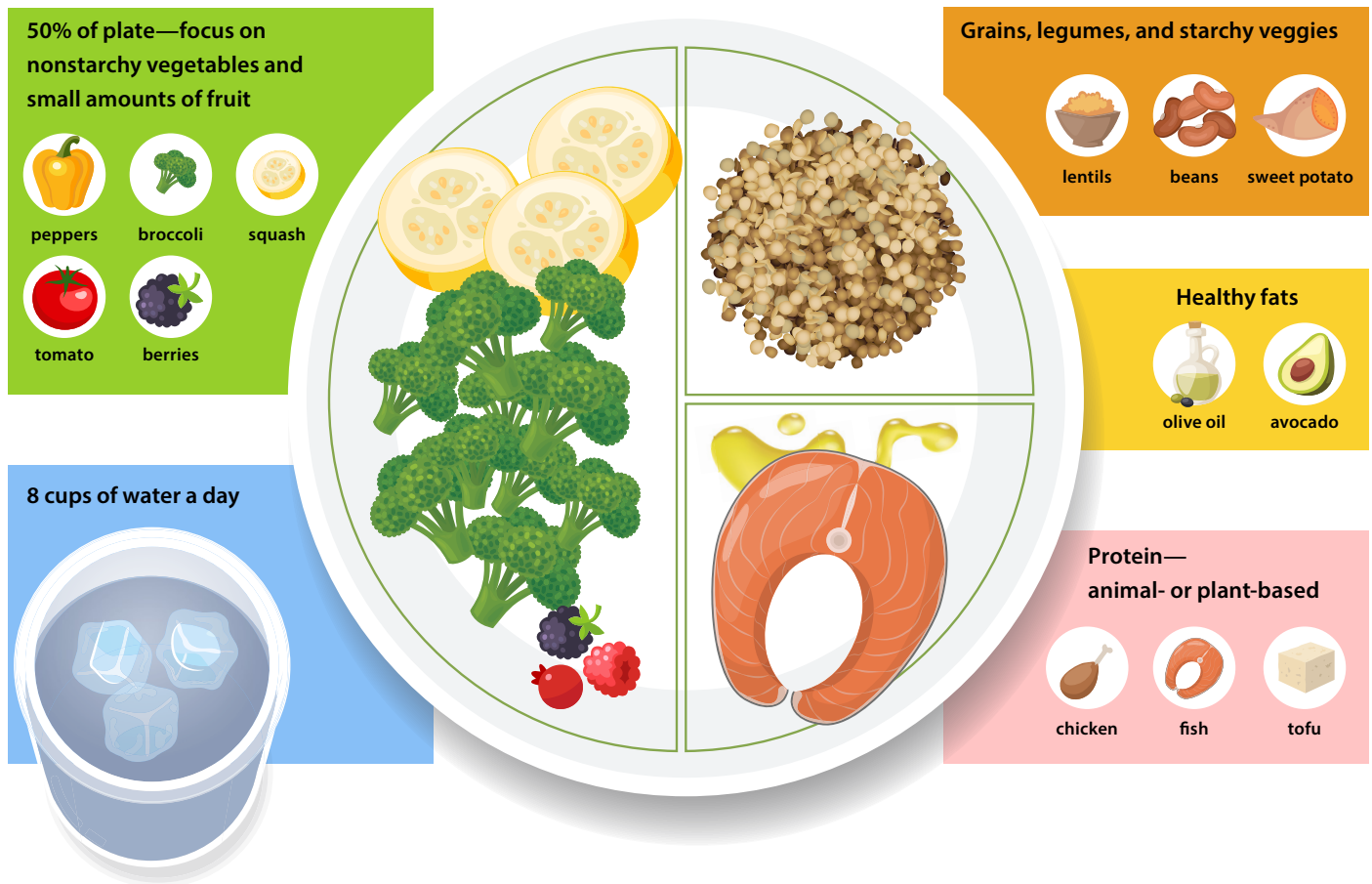
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## The Benefits of a Phytonutrient-Rich Diet—Unlock Phyto-Power Potential!

Phytonutrients are chemical compounds that contribute to the colour, taste, and smell of plants and also offer protection from pests and stressors in the environment.<sup>1</sup> In humans, a phytonutrient-rich diet may provide anticancer, anti-inflammatory, and immune-supportive benefits.<sup>2</sup> Understanding what you put on your plate daily has tremendous impact on overall health and wellbeing.

### How to create a Phyto-Power Plate:

Eating a phytonutrient-rich diet does not have to be complicated and offers significant health benefits. Use the food list for options and track your intake of colorful, phytonutrient-rich foods daily. Work with your practitioner for specific guidelines on servings sizes for each food group. Building a well-balanced Phyto-Power Plate should be personalized based on a variety of factors including health goals, age, activity level, and gender.



### Five tips for getting the most from your Phyto-Power Plate

1. Be mindful of serving sizes.
2. Chew food slowly until food is a liquid. This helps with digestion and absorption of all of the Phyto-Power nutrients!
3. Enjoy your food. Eat mindfully and take note of how certain foods make you feel.
4. Make time for meals and eat with others. Avoid distracted eating or eating on the run.
5. Get to know your kitchen and cook more often! Start with simple recipes, using ingredients you already know and follow the Phyto-Power Plate guidelines to optimize the food potential.

## Phyto-Power foods for creating an optimal healthy plate\*

RED	Apples, beans (adzuki, kidney, red), beets, bell peppers, onions, cherries, cranberries, potatoes, strawberries, tomatoes, watermelon, strawberries	
ORANGE	Apricots, bell peppers, cantaloupe, carrots, nectarines, oranges, papayas, pumpkin, squash (acorn, butternut), sweet potatoes, tangerines, turmeric root, sweet potato	
YELLOW	Apples, pears, bananas, bell peppers, corn, lemons, pineapples, starfruit, summer squash	
GREEN	Apples, artichokes, asparagus, avocados, bean sprouts, bell peppers, bok choy, broccoli, broccolini, Brussels sprouts, cabbage, celery, cucumbers, edamame/soy beans, green beans, green peas, green tea, greens (arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip), limes, olives, pears, snow peas, watercress, zucchini	
BLUE/PURPLE/ BLACK	Bell peppers, berries (blue, black, huckleberries), cabbage, carrots, cauliflower, eggplant, figs, grapes, kale, olives, onions, plums, potatoes, prunes, raisins	
WHITE/TAN/ BROWN	Apples, applesauce, cauliflower, cocoa, coconut, dates, garlic, ginger, legumes (chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans, mushrooms, nuts (almonds, Brazil, cashews, hazel nuts, pecans, walnuts), onions, pears, sauerkraut, seeds (flax, hemp, pumpkin, sesame, sunflower), shallots, soy, tahini, tea, whole grains (barley, brown rice, oat, quinoa, rye, spelt, wheat)	

\*This is not a comprehensive food list. Please work with your healthcare practitioner to personalise your meal plan and food options.

Track your rainbow of Phyto-Power colours daily. Aim to have all colours, each day!

	RED	ORANGE	YELLOW	GREEN	BLUE/PURPLE/ BLACK	WHITE/TAN/ BROWN
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**For additional immune health support, speak to your healthcare provider about a personalised plan.**

**References:**

1. Drewnowski A et al. Bitter taste, phytonutrients, and the consumer: a review. *Am J Clin Nutr.* 2000;72:1424-435.
2. Minich DM. A review of the science of colorful, plant-based food and practical strategies for "eating the rainbow." *J Nutr Metab.* 2019.