



# WHAT ARE PHYTONUTRIENTS?

While we are all quite familiar with vitamins and minerals, another powerful compound found in plant based foods are phytonutrients. Phytonutrients are naturally occurring compounds that plants produce to stay healthy. They are found in fruits, vegetables, herbs, tea, beans, legumes and other plant-based foods. They help to support overall health by offering protection and benefits to the entire body while aiding in the body's prevention of disease.

## WHY ARE PHYTONUTRIENTS BENEFICIAL?

Phytonutrients have powerful effects in the body and offer many different benefits.

- Reduces inflammation
- Acts as an antioxidant
- Boosts immune functions
- Protects the heart
- Supports brain functions
- Lowers risks of cancer and chronic diseases



## HOW CAN YOU CONSUME MORE PHYTONUTRIENTS?

You can start by incorporating more plants and having fruits and vegetables at every meal. Practice "eating the rainbow" since each color of fruits and vegetables signal different phytonutrients. When eating fruits and vegetables try eating the skin because a lot of the phytonutrients are in or right under the skin. Also try incorporating more spices and herbs in your meals such as turmeric, parsley, and garlic. These are high in phytonutrients and also offer bold flavors to your meals.





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## SOME COMMON PHYTONUTRIENTS

### BETA-CAROTENE

Supports the:

- Immune System
- Vision
- Skin and Bone Health

Sources:

- Pumpkin
- Carrots
- Sweet Potato

### LYCOPENE

Supports:

- Prevention of Prostate Cancer
- Heart Health

Sources:

- Tomatoes
- Watermelon
- Red Bell Pepper

### ANTHOCYANIDINS

Supports:

- Blood Vessel Health

Sources:

- Blueberries
- Blackberries
- Plums

### ISOFLAVONES

Supports:

- Menopause
- Bone Health
- Joints

Sources:

- Soybeans

