

Phytonutrients



Written by:

Marilyn Williams

Certified Nutritional Counsellor &
Dietary Consultant



**©Copyright 2018
Marilyn Williams
All Rights Reserved**

Disclaimer:

The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only. The purpose of this website is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this website.

Definition:

“Phyto” means “plant” in the Greek language. Phytonutrients are ONLY found in PLANTS. They have been shown to be necessary for sustaining human life and improving human health. They are different from vitamins and minerals.

What do they do?

- Help prevent disease
- Strengthen the immune system
- Offer anti-aging benefits
- Anti-oxidant (protect cells from the harmful effects of free radicals)
- Prevent the action of free radicals
- Anti-carcinogen (help to protect you from cancer)
- Anti-inflammatory
- Promote liver health

Fruit and vegetables are a concentrated source of phytonutrients but many other foods like legumes/beans, nuts and seeds, herbs and spices also contain phytonutrients.



Phytonutrients



Phytonutrients often provide the pigment of the plant and give it many deep hues.

Not all phytonutrients provide colour though, so be careful not to overlook white foods!



Colour	Food Types	Phytonutrients
Blue or Purple	blueberries, blackberries, red/purple cabbage	flavonoids
Yellow-orange	carrots, winter squash, papaya, melon	beta-carotene
Red or Pink	tomatoes, guava, watermelon	lycopene
Green	kale, spinach, collard greens	chlorophyll
White	garlic, onion and leeks	sulfur

This is why it's very important to eat a wide variety of

RAINBOW

coloured fruit and vegetables to ensure plenty of phytonutrients, vitamins & minerals in your diet.



Image:maedankids.com

Image:pngmart.com

Phytonutrients



Image:whidbeydreamer.blogspot.com

Don't get stuck in a rut with the food you eat!

Many people buy the same fruit and vegetables every time they go shopping, together with the same food kinds... over and over.

It's no fun being down in a hole... so branch out and buy something new to try every time you go shopping!