

# The Color Guide



Make sure to eat a variety of fruits and vegetables

	<p><b>Beta-carotene</b> Carrots, Sweet Potato, Squash, Mangos, Apricots, Peaches</p> <p><b>Vitamin C</b> Oranges, Grapefruit, Pears, Yellow Pepper, Peaches, Lemons</p> <p><b>Potassium</b> Bananas, Oranges, Grapefruit</p>
	<p><b>Lutein</b> Kale, Spinach, Lettuce, Broccoli, Collards, Green peas, Kiwi</p> <p><b>Indoles</b> Broccoli, Cabbage, Turnips, Kale, Collards, Cauliflower, Bok Choy</p> <p><b>Potassium</b> Leafy greens, Broccoli</p>
	<p><b>Vitamin C</b> Cranberries, Raspberries, Strawberries, Watermelon, Red Pepper, Tomatoes</p> <p><b>Anthocyanins</b> Cranberries, Raspberries, Strawberries, Apples, Red Onion, Kidney Beans</p>
	<p><b>Anthocyanins</b> Blueberries, Blackberries, Purple Grapes, Black Currents, Elderberries</p> <p><b>Phenolics</b> Dried Plums, Raisins, Plums, Eggplant</p>
	<p><b>Allium, Allicins</b> Garlic, Onions, Leeks, Chives</p>

By eating a variety of colorful fruits and vegetables — green, yellow-orange, red, blue-purple, and white — you're giving your body a wide range of nutrients that are important for good health. Each color offers something unique, like different vitamins, minerals, and disease-fighting phytochemicals, that work together to protect your health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended.



fruits and vegetables




# Eat 5 to 9 A Day for Better Health



Did you know that it is recommended that you eat 5 to 9 servings of fruits and vegetables each day? The average American eats only 1 to 2 servings per day. To maintain proper health, men should eat up to 9 servings per day, while women are encouraged to have at least 7 daily servings. Eating a proper balance of fruits and vegetables is one of the easiest things you can do for your health! Check out how easy it is to get your daily dose of healthy fruits and vegetables below:



### what 9 a day looks like as part of a healthy diet

morning	 counts as 1  counts as 1
mid-day	 counts as 2  counts as 1
evening	 counts as 2  counts as 1  counts as 1

Fruits and vegetables are packed with essential vitamins, minerals, fiber, and disease-fighting phytochemicals. Because of this, eating plenty of fruits and vegetables everyday can help reduce your risk of heart disease, high blood pressure, type II diabetes, and certain cancers.



More information found at [www.5aday.gov](http://www.5aday.gov)

For thousands of years humans have consumed plants to fortify and sustain their bodies. Today, research has identified essential mineral and organic nutrients in plants that are required for proper nutrition. Plants also supply us with unique organic *phytochemicals* that promote good health. Phytochemicals are powerful food factors which elicit profound effects on human health maintenance and disease prevention. To increase the dietary intakes of essential phytochemicals, researchers at the TN agricultural experimental station are trying to improve the nutritional quality of fruits, vegetables, and other crop plants.

## The Power of Phytochemicals



Another area of research at UT is identifying which plants contain beneficial phytochemicals and how environments can be manipulated to increase their quantity. Many of these compounds can be purchased over-the-counter in supplements and herbal tablets, but researchers say the greatest benefits are experienced when they are consumed in their natural state, as components of fresh fruits and vegetables.



<http://plantsciences.utk.edu/>



### Phytochemicals and the Health Connection

New and exciting research is currently underway at the University of Tennessee to identify phytochemicals in fruits and vegetables and to evaluate their health benefits. Some of the more common and best understood phytochemicals are listed below:

- Carotenoids:** Compounds found in many fruits and vegetables, such as beta carotene, lutein, and lycopene, which have been shown to exhibit antioxidant and anti-cancer activity. **Current UT research focuses on lutein enhancement.**
- Isothiocyanates:** Enzymatic break-down products found in cruciferous vegetables, such as cabbage and broccoli, which can detoxify the harmful effects of some cancer causing agents. **UT researchers are identifying health related compounds and their use as natural bio-fumigants.**
- Isoflavones:** "Estrogen-like" compounds found in grains, beans, fruits, and nuts. Genistein and Daidzein are two specific isoflavones found in soybeans and soy products. They show antioxidant activity, cardiovascular protection, and reduce hormone-related cancers. **UT plant breeders and scientists are developing new edible soy cultivars.**