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Phytonutrient Spectrum Foods—Elimination Diet

Red

Foods

Apples
Beans *(adzuki, kidney, red)*
Beets
Bell peppers
Blood oranges
Cranberries
Cherries
Grapefruit *(pink)*
Goji berries
Grapes
Guava
Onions
Plums
Pomegranate
Potatoes
Prickly pear
Radicchio
Radishes
Raspberries
Strawberries
Sweet red peppers
Rhubarb
Rooibos tea
Tomato
Watermelon

Benefits

Anti-bacterial
Anti-cancer
Anti-inflammatory
Blood vessel health
Brain health
Cell protection
Heart health
Prostate health

Orange

Foods

Apricots
Bell peppers
Cantaloupe
Carrots
Mango
Nectarine
Orange
Papaya
Persimmons
Pumpkin
Squash *(acorn, buttercup, butternut, winter)*
Sweet potato
Tangerines
Turmeric root
Yams

Benefits

Anti-inflammatory
Blood vessel health
Brain health
Cell protection
Heart health
Reproductive health

Yellow

Foods

Apple
Asian pears
Banana
Bell peppers
Corn
Corn-on-the-cob
Ginger root
Jackfruit
Lemon
Millet
Passionfruit
Pineapple
Plantains
Starfruit
Summer squash

Benefits

Anti-inflammatory
Cell protection
Digestive health
Eye health
Heart health
Immune health

Green

Foods

Apples
Artichoke
Asparagus
Avocado
Bamboo sprouts
Bean sprouts
Bitter melon
Bok choy
Broccoli
Broccolini
Brussels sprouts
Cabbage
Celery
Chayote
Cucumbers
Feijoa
Green beans
Green peas
Decaf green tea
Greens *(arugula, chard, collard, kale, mustard, spinach, turnip)*
Kiwi
Limes
Nopales
Okra
Olives
Pears
Snow peas
Tomatillos
Watercress
Zucchini

Benefits

Anti-cancer
Anti-inflammatory
Blood vessel health
Bone health
Brain health
Cell protection
Heart health
Hormone balance
Metabolic health

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Blue/Purple/Black



Foods

- Bell peppers
- Berries *(blue, black, boysenberries, huckleberries, marionberries)*
- Cabbage
- Carrots
- Cauliflower
- Eggplant
- Figs
- Grapes
- Kale
- Olives
- Plums
- Potatoes
- Prunes
- Raisins
- Rice *(black or purple)*

Benefits

- Anti-inflammatory
- Blood vessel health
- Bone health
- Brain health
- Cell protection
- Digestive health
- Heart health
- Liver health

White/Tan/Brown



Foods

- Apples
- Applesauce
- Bean dips
- Cassava (yuca root)
- Cauliflower
- Cherimoya
- Coconut
- Dates
- Garlic
- Ginger
- Jicama
- Legumes *(chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat)*
- Lychee
- Mushrooms
- Nuts *(almonds, cashews, pecans, walnuts)*
- Onions
- Pears
- Pitaya (dragon fruit)
- Sauerkraut
- Seeds *(flax, hemp, pumpkin, sesame, sunflower)*
- Shallots
- Tahini
- Taro root
- Tea *(black, white)*
- Turnips
- Naturally caffeine-free tea (*black, white*)
- Gluten-free whole grains (*amaranth, brown rice, quinoa, teff*)

Benefits

- Anti-cancer
- Anti-inflammatory
- Blood vessel health
- Bone health
- Brain health
- Cell protection
- Digestive health
- Heart health
- Immune health
- Metabolic health

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Eat a Rainbow of Phytonutrients

Food is more than nutrition. In addition to providing healthful phytonutrients, colorful foods in the Phytonutrient Spectrum provide nourishment through the joy of cooking, fulfillment in being creative, and time shared with family and friends.

6 Steps to Getting More Phytonutrients

1. **Aim for 9 Servings of Plant Foods Everyday.** We need at least 9 servings of whole plant foods if we want to prevent chronic disease. A typical serving is only half a cup of cooked vegetables, one cup of raw leafy vegetable, or a medium sized piece of fruit. It would be best to aim for every meal of the day to have about 3 servings of plant foods so that at three general meals per day (not including snacks), you would make your serving requirement on a daily basis.
2. **Know Your Phytonutrient Sources.** Phytonutrient-rich eats are limitless, making it fun to experiment with new varieties and colors even within one category of food. Here are some sources of phytonutrients to get you started: any and all plant foods, including fruits, vegetables, gluten-free whole grains, legumes, nuts, seeds, and even herbs and spices.
3. **Eat the Rainbow of Colors.** Instead of getting the full rainbow of color, you may be eating the standard processed food colors of brown, yellow, and white. For example, think of the typical breakfast menu — waffles, pancakes, ready-to-eat cereal, sausage, and eggs — which does not necessarily provide much color early in the day. However, if you had a fruit smoothie with blueberries, peaches, and raspberries, you'd have three colors of the seven colors of the rainbow first thing in the morning! Make it your goal to get the full seven colors every day with a variety of foods.
4. **Vary Your Choices.** There are thousands of phytonutrients in nature. If we eat the same foods over and over again, even if they are colorful, we may be missing the universe of important phytonutrients in foods. One helpful hint is to try a new food every week to ensure that you are getting different foods to try!
5. **Maximize Combinations.** When we put certain foods together, we may achieve a better effect than if we just had the foods by themselves. Sometimes, there can be a "synergistic" result from combining certain foods. For example, putting turmeric with black pepper together with olive oil could enhance the phytonutrient effects of all three foods on your health. Adding lemon juice to spinach could help the iron become more absorbed by your body. Try putting plant foods together for an enhanced health benefit.
6. **Be Creative with Substitutions.** One way to get more plant foods would be to think of foods that are commonly eaten that may not be as nutrient dense and replace with nutrient-dense options. Some plant foods clearly give us more phytonutrients than others! For example, you could substitute mashed potatoes with mashed purple potatoes or sweet potatoes. You could substitute white rice with purple, brown, or black rice.

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