



NUTRIGRAM

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Phytochemicals (Fight-o-chemicals)

We are always told to eat fruits and vegetables because they are good for us. We hear that they have many vitamins and minerals to make us strong and healthy. But fruits and vegetables also have other things you may not know about. These “things” are called phytochemicals.

What are phytochemicals?

The word phytochemicals is pronounced “fight-o-chemicals”, which is just what they do—They fight to protect your health. Phytochemicals are natural substances in fruits and vegetables, and there are many different types. In fact, scientists have discovered more than 900 phytochemicals and say they are likely to find more! Some phytochemicals do one kind of job in your body and others work together, like a team. Phytochemicals keep you healthy by boosting your immune system, which helps prevent you from getting sick. They also help protect you from developing more serious diseases. The important thing to remember about phytochemicals is that they are most powerful as part of the whole food.

How can I benefit from phytochemicals?

Eat lots of different colorful fruits and vegetables! Phytochemicals are thought to be associated with pigments, or colors, in plants. Foods of bright colors - red, orange, yellow, green, blue, and purple - generally contain the most phytochemicals and the most nutrients. It is believed that one serving of colorful fruits or vegetables contains about 100 phytochemicals that work together with nutrients to promote health and prevent disease.

Eat a Phytochemical Rainbow!

Red: Strawberries, Raspberries, Apples, Tomatoes

Orange/Yellow: Carrots, Peppers, Peaches, Squash, Sweet Potatoes

Green: Broccoli, Spinach, Brussels Sprouts, Green Beans

Blue/Purple: Blueberries, Eggplant, Blackberries, Grapes

White foods have phytochemicals too! Try: Garlic, Cauliflower, Banana, Onion

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BALANCED CHOICES
for a healthy lifestyle

Monthly SUPERFOODS Promotion

WINTER SQUASH
Autumn's Ambassador

acorn, butternut, hubbard, delicata, turban, buttercup, spaghetti and more...

Winter squash comes in many varieties which may differ in shape, size, flavor and skin color, but most have dark-orange flesh that is packed with **BETA-CAROTENE**, a powerful **ANTIOXIDANT**. Beta-carotene may help protect against heart disease, cataracts, macular degeneration and certain cancers.

antioxidants
beta-carotene
SUPERFOODS

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(In the Flik Independent Schools section)

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