What are phytonutrients?
Phyto = plant  Phytonutrients = plant + nutrient
- Substances produced by plants and believed to promote health.
- They slow the aging process or reduce risk of certain diseases.

Where can I find phytonutrients?
- Fruits, vegetables, grains, legumes, nuts and teas.
- Look for color: Color indicates the type of phytonutrient found in the plant.
- Choose fruits and vegetables from a rainbow of colors to get the health benefits of phytonutrients.

What’s in the color?
- Color pigments contain antioxidants.
- Antioxidants slow or prevent cell damage from oxygen.
- The deeper the color of the fruit or vegetable, the more powerful the antioxidant.

What do they do?
- Phytonutrients help you stay healthy and energetic.
- Protect against the effects of aging.
- Protect against the risk of some cancers and heart disease.
- May help protect against stroke, high blood pressure, cataracts, osteoporosis and urinary tract infections.

How can I add phytonutrients to my diet?
- Keep ready-to-eat fruits and vegetables handy and visible.
- Add spinach leaves or tomato to sandwiches.
- Snack on fruits and vegetables.
- Top whole-grain cereal with blueberries, blackberries or strawberries.
- Try a variety of salad greens topped with several vegetables and chickpeas.
- Eat more whole grains.

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Can I just take a supplement?
- Not a substitute for eating fruits and vegetables.
- Not absorbed as readily as nutrients from foods.
- The mix of antioxidants in food may give more powerful antioxidant action.
- Additional research needed on individual antioxidants and amounts needed.

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