

## Phytonutrient Spectrum Checklist for Kids

RED			
Foods Apples Applesauce Cherries Kidney beans	Pomegranate Radishes Strawberries	Sweet red bell peppers Tomato	Weekly Servings SUN MON TUES WED THURS FRI SAT OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
ORANGE			
Foods Apricots Bell peppers Butternut squash	Cantaloupe Carrots Mango	Nectarine Orange Sweet potato	Weekly Servings SUN MON TUES WED THURS FRI SAT OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
YELLOW			
Foods Bell peppers Corn Lemon	Popcorn Spaghetti squash Starfruit	Succotash Yellow squash	Weekly Servings SUN MON TUES WED THURS FRI SAT OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
GREEN			
GKLLIN			
Foods Asparagus Avocado Bean sprouts Bell peppers Broccoli Brussels sprouts	Cabbage Celery Chard Cucumbers Green beans Green peas	Greens (beet, dandelion, collard, mustard, turnip) Kale Lettuce Olives Snow peas	Weekly Servings SUN MON TUES WED THURS FRI SAT OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
Foods Asparagus Avocado Bean sprouts Bell peppers Broccoli	Celery Chard Cucumbers Green beans	dandelion, collard, mustard, turnip) Kale Lettuce Olives	SUN MON TUES WED THURS FRI SAT
Foods Asparagus Avocado Bean sprouts Bell peppers Broccoli Brussels sprouts	Celery Chard Cucumbers Green beans	dandelion, collard, mustard, turnip) Kale Lettuce Olives	SUN MON TUES WED THURS FRI SAT
Foods Asparagus Avocado Bean sprouts Bell peppers Broccoli Brussels sprouts  BLUE/PURPLE Foods Blackberries Blueberries Cabbage (purple) Carrots (purple)	Celery Chard Cucumbers Green beans Green peas  Eggplant Grapes (purple) Kale (purple)	dandelion, collard, mustard, turnip) Kale Lettuce Olives Snow peas  Potatoes (purple) Raisins Rice (black or	SUN MON TUES WED THURS FRI SAT  O O O O O O  Weekly Servings SUN MON TUES WED THURS FRI SAT

Eat at least 1-2 servings of every color everyday.



Legumes