Phyłonutrient Spectrum Checklist for Kids

## RED



Foods

| Bell peppers | Popcorn | Succotash |
| :--- | :--- | :--- |
| Corn | Spaghetti squash | Yellow squash |
| Lemon | Starfruit |  |

Corn
Lemon

Popcorn
Spaghetti squash Starfruit

Weekly Servings


## GREEN

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

## BLUE/PURPLE

## Foods

| Blackberries | Eggplant | Potatoes (purple) |
| :--- | :--- | :--- |
| Blueberries | Grapes (purple) | Raisins |
| Cabbage (purple) | Kale (purple) | Rice (black or |
| Carrots (purple) | Plums | purple) |
| Dates |  |  |

Weekly Servings


## WHITE/TAN

| Foods |  |  | Wee | Ser |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Bean dips | Nuts | Seeds | sun | mon | tues | WED | thurs | FRI | SAT |
| Garlic | Onions | Shallots | $\bigcirc$ | - | - | - | O | - | O |
| Hummus | Refried beans | Tahini |  |  |  |  |  |  |  |
| Legumes |  |  |  |  |  |  |  |  |  |

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

