

Phytonutrient Spectrum Checklist for Kids

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			
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
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
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
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 OOOOOO OOOO OOOOOOOOOOOOOOOOOOOOOOOO

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

