

Tips from the Phytonutrient Coach
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Along with vitamins, minerals and fiber, fruits and vegetables contain phytonutrients that offer broad antioxidant protection and a range of health benefits. Phytonutrients are found naturally in plants, such as lycopene from tomatoes, resveratrol from grapes and lutein from spinach leaves. Because phytonutrients come from vibrantly-colored fruits and vegetables, enhancing our daily phytonutrient intake (or closing the gap) can be as easy as adding more color to your plate!

If you're eating mostly beige and brown, it's time to add color to your meal plan. To create a rainbow of color for optimal health, try to eat at least two servings from each color category—red, orange/yellow, white, green and blue/purple—for a total of 10 per day. Add a slice of tomato to a sandwich or top cereal with blueberries – a little creativity will go a long way to serving up phytonutrient-packed, color-rich meals. Below I've listed some of my favorite no-mess, no-stress tips to add color to your diet today:

- Add fruit to your morning routine. Enjoy a pear with toast, add strawberries to cottage cheese, top a whole wheat bagel with peaches and cream cheese, sprinkle black currants on oatmeal, or blend a smoothie with blueberries, blackberries and plum juice.
- Make fruits and vegetables the base of every meal to break out of eating only brown and beige. Switch your meal prep plan a few times a week by building a dinner around fruits and vegetables instead of the other way around.
- Top whole grain pasta with chunky tomato sauces, mix salsa with brown rice, or add an assortment of veggies to make a flavorful stew.
- Instead of tossing fruit or veggies that look a bit wilted or bruised, use them. Add chopped vegetables to canned soup. Bake cored apples with a bit of cinnamon, a sprinkle of raisins and lemon zest. Or, perk up a muffin recipe by adding an over-ripe banana.
- Before baking omega-3 rich fish, top with tomatoes, onions and peppers, brush with olive oil and sprinkle with oregano, red pepper flakes and rosemary. Herbs are packed with antioxidants, too.
- Mixing pureed fruit into baking recipes adds moistness and phytonutrients, while reducing fat. Try pureed plums in brownies and mashed berries in meatloaf or hamburger.
- Finally, while eating whole fruits and vegetables is the goal, a natural, plant-based supplement like those made by Nutrilite can help fill phytonutrient gaps in your diet.

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