



## Phytonutrient Spectrum Checklist for Kids

### RED

#### Foods

Apples	Pomegranate	Sweet red bell peppers
Applesauce	Radishes	Tomato
Cherries	Strawberries	
Kidney beans		

#### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### ORANGE

#### Foods

Apricots	Cantaloupe	Nectarine
Bell peppers	Carrots	Orange
Butternut squash	Mango	Sweet potato

#### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### YELLOW

#### Foods

Bell peppers	Popcorn	Succotash
Corn	Spaghetti squash	Yellow squash
Lemon	Starfruit	

#### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### GREEN

#### Foods

Asparagus	Cabbage	Greens ( <i>beet, dandelion, collard, mustard, turnip</i> )
Avocado	Celery	Kale
Bean sprouts	Chard	Lettuce
Bell peppers	Cucumbers	Olives
Broccoli	Green beans	Snow peas
Brussels sprouts	Green peas	

#### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### BLUE/PURPLE

#### Foods

Blackberries	Eggplant	Potatoes ( <i>purple</i> )
Blueberries	Grapes ( <i>purple</i> )	Raisins
Cabbage ( <i>purple</i> )	Kale ( <i>purple</i> )	Rice ( <i>black or purple</i> )
Carrots ( <i>purple</i> )	Plums	
Dates		

#### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### WHITE/TAN

#### Foods

Bean dips	Nuts	Seeds
Garlic	Onions	Shallots
Hummus	Refried beans	Tahini
Legumes		

#### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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