



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
<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
Bell peppers
Butternut squash

Cantaloupe
Carrots
Mango

Nectarine
Orange
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
Corn
Lemon

Popcorn
Spaghetti squash
Starfruit

Succotash
Yellow squash

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
Avocado
Bean sprouts
Bell peppers
Broccoli
Brussels sprouts

Cabbage
Celery
Chard
Cucumbers
Green beans
Green peas

Greens (*bent, dandelion, collard, mustard, turnip*)
Kale
Lettuce
Olives
Snow 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
Blueberries
Cabbage (*purple*)
Carrots (*purple*)
Dates

Eggplant
Grapes (*purple*)
Kale (*purple*)
Plums

Potatoes (*purple*)
Raisins
Rice (*black or purple*)

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
Garlic
Hummus
Legumes

Nuts
Onions
Refried beans

Seeds
Shallots
Tahini

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.



IFM

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