



Phytonutrient Spectrum Checklist for Kids

RED

Foods

Apples
Applesauce
Cherries
Kidney beans

Pomegranate
Radishes
Strawberries

Sweet red bell peppers
Tomato

Weekly Servings



ORANGE

Foods

Apricots
Bell peppers
Butternut squash

Cantaloupe
Carrots
Mango

Nectarine
Orange
Sweet potato

Weekly Servings



YELLOW

Foods

Bell peppers
Corn
Lemon

Popcorn
Spaghetti squash
Starfruit

Succotash
Yellow squash

Weekly Servings



GREEN

Foods

Asparagus
Avocado
Bean sprouts
Bell peppers
Broccoli
Brussels sprouts

Cabbage
Celery
Chard
Cucumbers
Green beans
Green peas

Greens (bok, dandelion, collard, mustard, turnip)
Kale
Lettuce
Olives
Snow peas

Weekly Servings



BLUE/PURPLE

Foods

Blackberries
Blueberries
Cabbage (purple)
Carrots (purple)
Dates

Eggplant
Grapes (purple)
Kale (purple)
Plums

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

Weekly Servings



WHITE/TAN

Foods

Bean dips
Garlic
Hummus
Legumes

Nuts
Onions
Refried beans

Seeds
Shallots
Tahini

Weekly Servings



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

Functional Nutrition Recipes Checklist

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