



# Here's to Your Health!

At Bruin Plate, we offer you a menu of fresh and wholesome food choices. Discover how the foods we prepare for you are not only delicious, but also beneficial to your health!

## »PHYTOCHEMICALS«

### What Are Phytochemicals?

Phytochemicals are substances that are naturally produced in plants and are often responsible for their color. There are up to 10,000 different phytochemicals found in legumes, fruits, vegetables, and whole grains. Scientists are currently investigating their role in the prevention of cancer and cardiovascular disease.

### Color Your Diet

For optimal nutrition, reference the chart below for a color-coded guide to help maintain a varied and colorful diet:

<b>Red</b>	<b>Lycopene</b> — Antioxidant associated with reducing the risk of prostate cancer and heart disease.	<b>Found in:</b> Tomatoes, tomato products, red peppers, and watermelon
<b>Blue, Purple &amp; Deep Red</b>	<b>Anthocyanins</b> — Antioxidants that help prevent cardiovascular disease by promoting healthy blood vessels.	<b>Found in:</b> Beets, blueberries, blackberries, plums, raspberries, red apples, red onions, and strawberries
<b>Orange &amp; Yellow</b>	<b>Alpha-Carotene, Beta-Carotene &amp; Beta-Cryptoxanthin</b> — Phytochemicals are essential for healthy vision, skin, bones, and immune system.	<b>Found in:</b> Apricots, butternut squash, cantaloupe, carrots, mangos, oranges, pumpkins, and sweet potatoes
<b>Yellow &amp; Green</b>	<b>Lutein</b> — Antioxidant that protects the eyes from macular degeneration.	<b>Found in:</b> Avocado, kiwifruit, leafy greens, pistachios, and spinach
<b>Green</b>	<b>Indoles &amp; Isothiocyanates</b> — Promote enzyme production in the liver to help remove potentially carcinogenic compounds in the body.	<b>Found in:</b> Bok choy, broccoli, Brussels sprouts, cabbage, and kale
<b>White &amp; Green</b>	<b>Allyl Sulfides</b> — Help the body get rid of harmful chemicals; they also work to strengthen the immune system.	<b>Found in:</b> Chives, garlic, and onions
<b>Colorless</b>	<b>Flavonoids</b> are a special, colorless class of phytochemicals that serve as powerful antioxidants that reduce damage to the body's cells and tissues.	<b>Found in:</b> Apples, beets, bell peppers, berries, broccoli, citrus fruits, legumes, lettuce, spinach, and tea leaves



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