



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.

