Load your plate with color

Brightly colored fruits and vegetables are loaded with phytonutrients.

Aim to eat 5-10 servings of colorful fruits and vegetables per day. This includes:
- 1 cup leafy greens and/or berries
- 1/2 cup all other fruits & veggies
- 1/4 cup dried fruit
- 3/4 cup 100% juice

Supplements are a poor substitute

Numerous compounds in fruits and vegetables “work together as a team” with the phytonutrients to provide a more potent protective punch when eaten as whole foods.

Many multiple-vitamin supplements include fruit and vegetable extract which may impact treatment.
**Phytonutrients**

**Carotenoids**  
Acting as antioxidants, carotenoids give the fruit or vegetable their bright colors:  
- Pumpkin  
- Carrot  
- Oranges  
- Yams  
- Spinach  
- Kale  
- Tomatoes

**Flavonoids**  
An antioxidant, flavonoids have anti-cancer activity.  
Foods rich in flavonoids include:  
- Green Tea  
- Apples  
- Oranges  
- Tomatoes  
- Strawberries  
- Blueberries  
- Pistachios  
- Peanuts  
- Dark Chocolate

**Ellagic Acid**  
May help reduce risk of cancer and lower cholesterol levels.  
Foods rich in ellagic acid include:  
- Strawberries  
- Blackberries  
- Red Grapes  
- Pomegranates  
- Walnuts  
- Pecans

**Resveratrol**  
Supports cardiovascular function and cognitive health. Predominantly found in grapes, resveratrol can also be found in:  
- Strawberries  
- Blueberries  
- Pistachios  
- Peanuts  
- Dark Chocolate

**Glucosinolates**  
Predominantly found in cruciferous vegetables, help promote natural liver detoxification, anti-inflammation, metabolic function, stress response.  
Found in:  
- Broccoli  
- Bok Choy  
- Cauliflower  
- Brussel Sprouts  
- Cabbage  
- Mustard Greens

**Phytoestrogens & Lignans**  
Phytoestrogen & lignan rich foods have been shown to reduce risk of breast and prostate cancers, heart disease, and osteoporosis.  
Foods include:  
- Soy Beans/edamame  
- Tofu  
- Tempeh  
- Soy Milk  
- Ground flax seeds

**Additional Tips**  
- **Flavonoids & Carotenoids**  
- **Ellagic Acid & Resveratrol**  
- **Glucosinolates & Phytoestrogens & Lignans**

**Immune System Reboot**  
Nutrition tips to support your immune system  
WWW.NEWENGLANDCANCERSPECIALISTS.ORG

**Always follow your doctor’s directions for medications**