

# Eat the Rainbow: Color Your Plate with Phytonutrients

Phytonutrients are natural compounds found in plants that give them their vibrant colors, flavors, and health benefits. Each color in your fruits and vegetables represents different groups of phytonutrients. Including a variety of these foods in your diet helps you to become "plant-powered," harnessing the benefits of phytonutrients to support your health outcomes.

## Benefits of plant-powered eating:

- **Abundance of micronutrients:** exceptional sources of vitamins, minerals, and fiber, forming the basis of an antioxidant-rich nutrient-dense diet that supports immune defense and cellular repair
- **Cardioprotective properties:** supports heart-healthy cholesterol levels, reduces blood pressure, and lowers the risk of heart disease
- **Balanced satiety:** offers a balanced sense of fullness and satisfaction due to their high water content and fiber
- **Digestive health:** plays a pivotal role in cultivating optimal digestion by promoting regular poop, preventing constipation, and helping to ensure the maintenance of a healthy GI environment and microbiome
- **Cancer prevention:** powerful antioxidant and anti-inflammatory effects, potentially reducing the risk of certain cancers and safe-guarding cellular health
- **Enhanced energy:** deliver sustained energy through complex carbohydrates, helping to avoid the energy crashes often linked to processed foods and simple carbohydrates

