

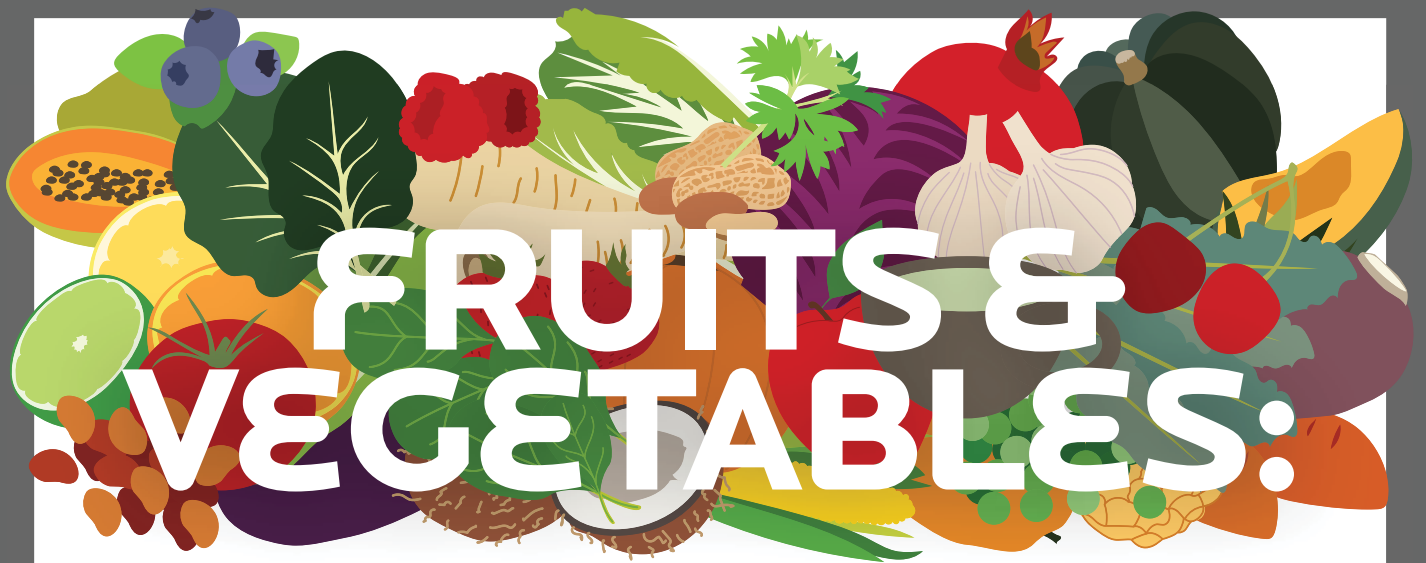
STOP DIETING STARTER KIT FOR WOMEN

*What your grandma
never taught you about
fruits and vegetables.*

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Loreena, 2013
Precision Nutrition
Coaching client





THIS IS WHAT YOUR GRANDMA NEVER TAUGHT YOU

The vibrant colors of fruits & veggies aren't only nice to look at. They also tell us which special disease-fighting phytonutrients are inside. **Learn what the phytonutrients do. And how much of each you need to fight disease and stay stronger for longer.**

MOST PEOPLE DON'T GET ENOUGH PHYTONUTRIENTS.

These "color deficiencies" increase our risk of heart disease, osteoporosis, cancer, diabetes, and more.



To maximize your health, EAT



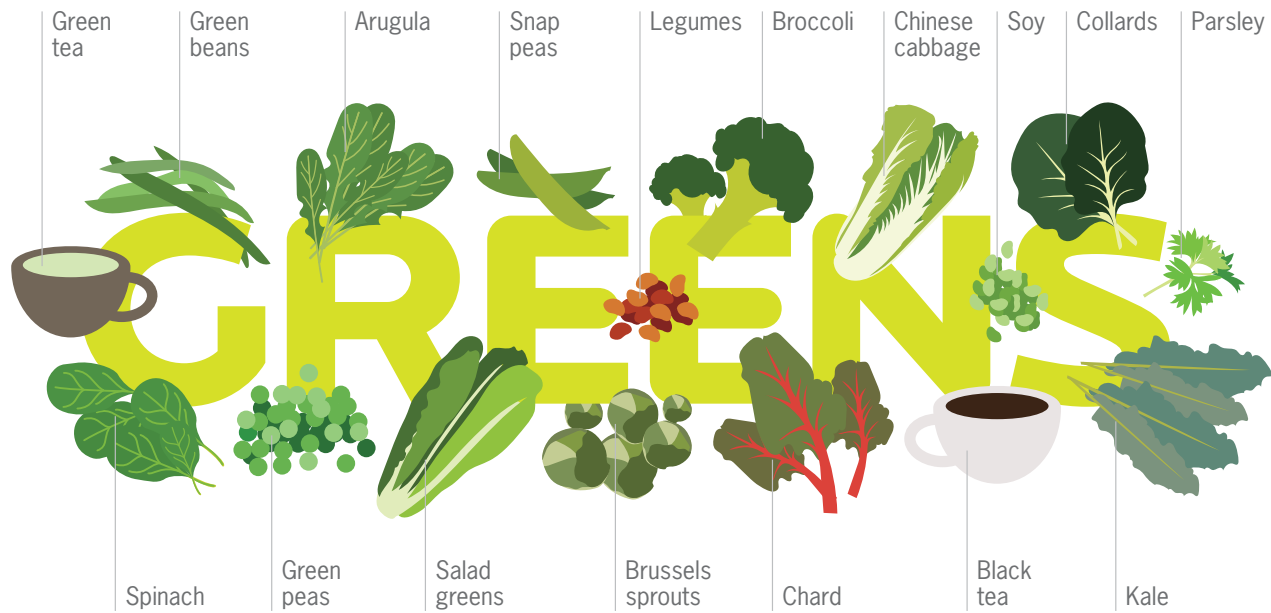
of EACH COLOR every day

1c

* For these foods, a single serving is 1/8 of a cup
 † For these foods, a single serving is 1 tsp

For more information and to download our free fruit and veggie cheat sheet, visit www.precisionnutrition.com/color-chart





On average, adults eat

70lbs

of POTATOES per year

By contrast, they only eat

1/4 lbs

of BRUSSELS SPROUTS

Cut heart disease risk by

22%

with 4 SERVINGS of legumes/week

GREEN FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

EGCG, isothiocyanate, lutein, zeaxanthin, isoflavones, flavonoids, coumestans

HERE'S HOW TO GET MORE GREENS IN YOUR DIET:

- Drink green tea
- Add kale, spinach, collards, and/or chard to smoothies
- Eat a variety of salad greens
- Make a bean salad with vinaigrette
- Add parsley to hummus
- Microwave frozen green peas
- Add cabbage and green beans to a stir-fry
- Include steamed broccoli

* For these foods, a single serving is 1/8 of a cup

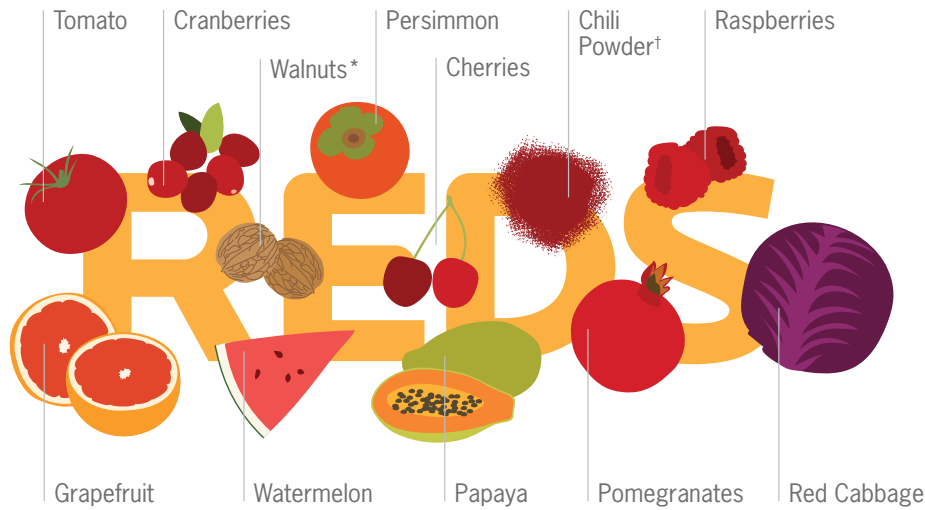
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With a SPF of
25-50
 raspberry seed oil can be used
 as sunscreen

It takes about
100
 cherries to make one cup of
 cherry juice

Adults eat
22-24
 pounds of tomatoes/tomato
 products per year

RED FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Lycopene, ellagic acid, caffeoylquinic acids, hydroxybenzoic acids

HERE'S HOW TO GET MORE REDS IN YOUR DIET:

- Use tomato sauce for veggies, pasta, lasagna, or pizza
- Add raspberries and walnuts to oatmeal
- Make chili with tomatoes and chili powder
- Make a cranberry bread
- Try cherries with cocoa powder in a smoothie
- Try red cabbage slaw
- Snack on watermelon or grapefruit
- Homemade tomato soup

* For these foods, a single serving is 1/8 of a cup

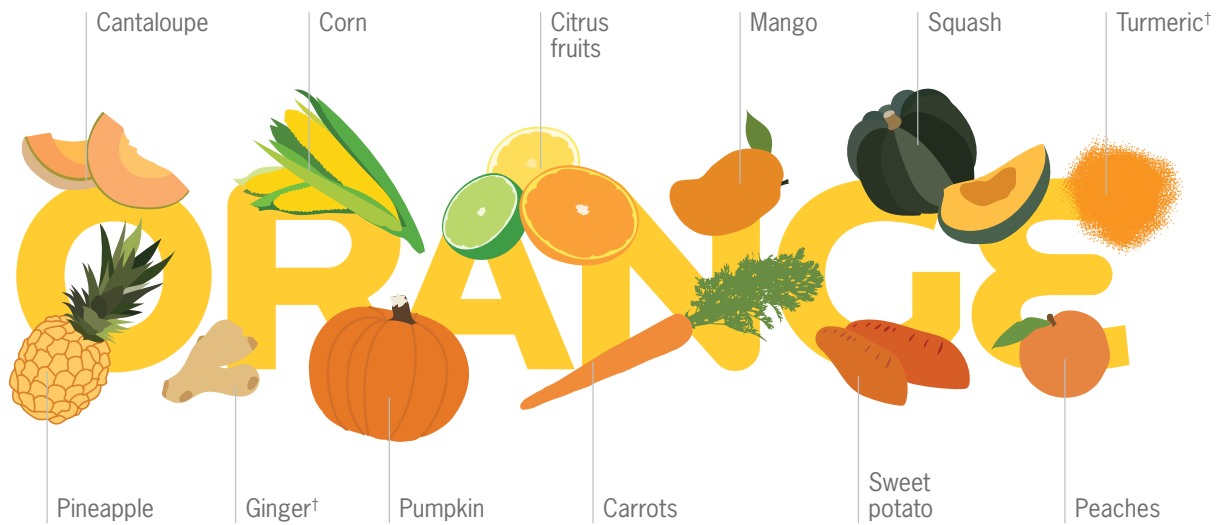
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Adults eats
3.5 lbs
 of sweet potatoes each year

The bioavailability of
 beta-carotene increases by
85%
 when cooking carrots

Acorn squash has
9 g
 of fiber per cooked cup

YELLOW/ORANGE FRUITS & VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Alpha-carotene, beta-carotene, hesperetin, beta-cryptoxanthin, flavonols, terpenoids, phthalides

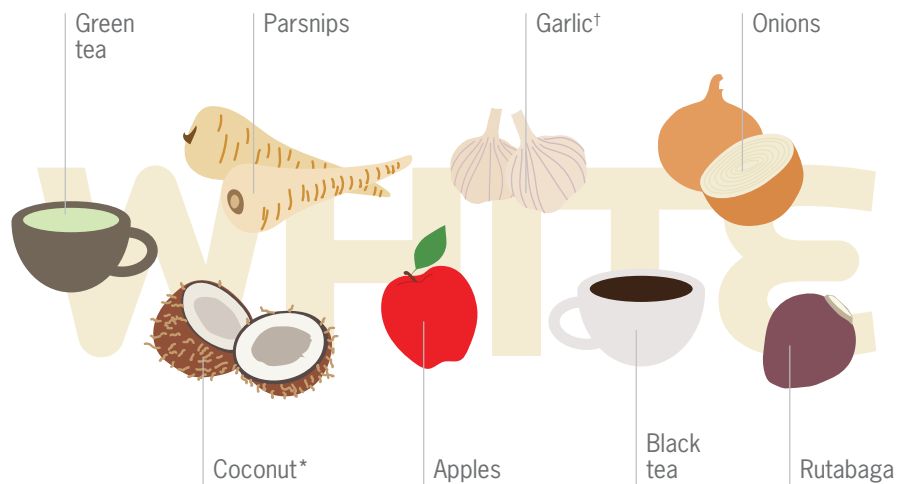
HERE'S HOW TO GET MORE YELLOWS / ORANGES IN YOUR DIET:

- Eat stuffed squash and pumpkin
- Try carrot and sweet potato soup
- Add turmeric to sauces, soups, dressings
- Add peaches or pineapple to smoothies
- Eat oranges, clementines, and cantaloupe
- Make a mango salad
- Add ginger to sauces, soups, dressings

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Eating

Before cooking chopped garlic, wait

For an anticoagulant effect, eat

1 apple 10 min 1 clove

may help to reduce garlic breath

to preserve the phytonutrients

of garlic per day

WHITE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Flavonols, allicin, quercetin, sulfides

HERE'S HOW TO GET MORE WHITES IN YOUR DIET:

- Add garlic and onions to soup and stir-fries
- Drink some green or black tea
- Snack on apples
- Add coconut to a smoothie
- Make parsnip soup
- Try mashed cauliflower instead of potato

* For these foods, a single serving is 1/8 of a cup

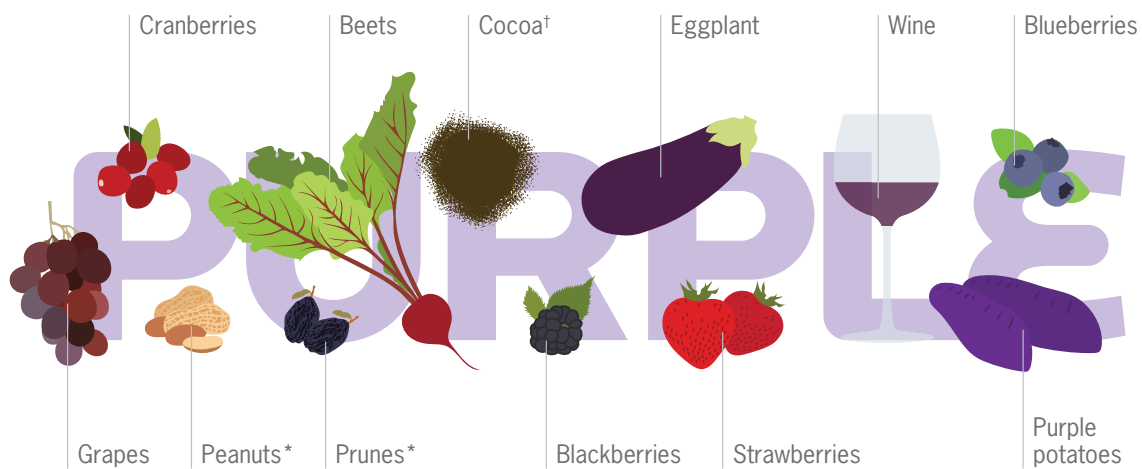
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After eating beets,
10-15%
 of the population develop pink urine

You can lower blood pressure with
500 ml
 of beet juice

A handful of dried plums has
6g
 of sorbitol, which has a laxative effect

PURPLE/BLUE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Anthocyanins, resveratrol, hydroxycinnamic acids

HERE'S HOW TO GET MORE BLUES/PURPLES IN YOUR DIET:

- Snack on grapes
- Add blueberries to oatmeal
- Add blackberries to smoothies
- Make eggplant curry
- Try a roasted beet salad
- Snack on strawberries
- Make a cranberry oat crumble

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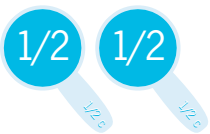
PHYTONUTRIENT CHEAT SHEET

HOW MANY SERVINGS OF EACH COLOR ARE YOU GETTING TODAY?

Only 20% of us get enough of the health-promoting, disease-fighting phytonutrients in colorful fruits and vegetables.

For your best health, eat two 1/2 cup servings of each color, every day.

AIM FOR



TWO 1/2 CUP SERVINGS EACH OF:

GREEN

Green or black tea, spinach, kale, salad greens, broccoli, collards, green peas, chard, parsley, watercress, green beans, Brussels sprouts, arugula, sugar snap peas, Chinese cabbage, legumes, etc.

RED

Tomato, watermelon, grapefruit, pomegranates, raspberries, walnuts*, persimmons, red cabbage, chili powder†, cherries, papaya, cranberries, etc.

WHITE

Garlic†, onions, apples, black tea, green tea, coconut*, parsnips, rutabaga, etc.

YELLOW

Cantaloupe, carrots, sweet potatoes, squash, citrus fruits, pumpkin, corn, peaches, turmeric†, ginger†, mango, corn, pineapple, etc.

PURPLE

Grapes, blueberries, cranberries, strawberries, blackberries, purple sweet potatoes, cocoa†, peanuts*, wine, beets, eggplant, prunes*, purple potatoes, etc.

	GREEN	RED	WHITE	YELLOW	PURPLE
MONDAY	✓ ✓				
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

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