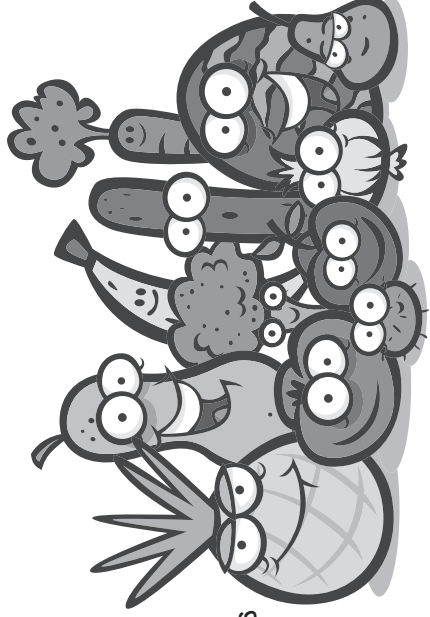


# FIGHT-O-CHEMICALS (PHYTOCHEMICALS)



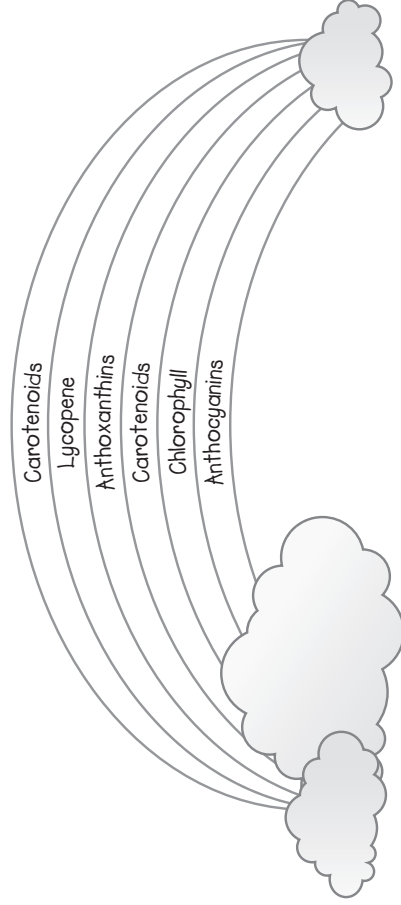
## What are Phytochemicals?

These super-powerful chemicals are natural chemicals found in the fruits and vegetables you eat each day.

## Phytochemical Rainbow

Color	Phytochemical	Where Can I Eat It?	Good for?
White	Anthoxanthins	Cauliflower, potatoes, garlic, bananas,	Heart and stomach health
Yellow & Orange	Carotenoids	Carrots, sweet potatoes, apricots, oranges	Eye health, heart health, immune system, cancer prevention
Red	Lycopene	Tomatoes, red pepper, watermelon, grapefruit	Heart health, cancer prevention
Green	Chlorophyll	Broccoli, green beans, zucchini, kiwi, limes	Eye health
Blue & Purple	Anthocyanins	Blueberries, blackberries, plums	Heart health, cancer prevention, memory function

Now that you've learned all about natural, colorful chemicals that are good for you, choose the right color and color the Phytochemical Rainbow below.



## Did You Know?

- FIGHT-O-CHEMICALS work with vitamins to help your body FIGHT off many serious diseases, which is why it is so important to eat many different fruits and vegetables!
- Phytochemicals are made in plants like fruits and vegetables, not in factories. Yes, (phyto)chemicals are GOOD for you!
- Phytochemicals come in many different colors.

## Fun Facts

- Scientists are just beginning to discover all of the wonderful benefits of phytochemicals.
- There is a phytochemical for each color of the rainbow.