



5 to TEN - Yes, you can! Making it Practical

Windsor-Essex County Health Unit
Chronic Disease & Injury Prevention

Phytochemicals: New Wave of the Future

- **What:**
Plant compounds that have protective, disease-preventing properties
- **How Many:**
4000 different phytochemicals have been identified
- **Where:**
Present in all vegetables & fruit



Eat More Vegetables & Fruit

- Aim to eat 5 or more servings each day
- Fill your day with colour to pack in more phytochemicals
- Vegetables & fruit with a deep hue provide a variety of vitamins, minerals, and phytochemicals
- Look for Blue/Purple, Green, White/Tan/Brown, Yellow/Orange, Red



Blue/Purple

- Anthocyanins, phenolic compounds
- Lower risk of some cancers
- Antiaging effects
- Protects urinary tract health
- **Where:**
blackberries, blueberries, elderberries,
grapes, plums, raisins, eggplant



Green

- Lutein, indoles
- Lower risk of some cancers
- Protects vision, bone, and teeth health
- **Where:**
avocados, green apples, green grapes, honeydew, kiwi, limes, green pears, artichokes, arugula, asparagus, broccoli, green onion, snow peas, spinach



White/Tan/Brown

- Allicin
- Lower risk of some cancers
- Protects heart health
- **Where:**
bananas, brown pears, white nectarines/peaches, cauliflower, garlic, ginger, jicama, kohlrabi, mushrooms, onions, parsnips, potatoes, shallots, turnip, white corn



Yellow/Orange

- Carotenoid, bioflavonoid
- Lower risk of some cancers
- Promotes heart health, vision, immune system health
- **Where:**
yellow apples, apricots, cantaloupe, yellow figs, grapefruit, lemons, mangos, nectarines/peaches, papayas, butternut squash, carrots, rutabaga, yellow tomatoes



Red

- Lycopene, anthocyanins
- Lower risk of some cancers
- Protects heart health, memory, urinary tract health
- **Where:**
blood oranges, cherries, cranberries, pink/red grapefruit, pomegranate, raspberries, beets, red peppers, radicchio, rhubarb, tomatoes



Is Fresh Best?

- Fresh, frozen, or canned vegetables or fruit have about the same nutritional value
- Rinse canned veggies with water or buy “no added salt” versions
- Choose canned fruit packed in water or its own juice



Is Organic Safer?

- Officials and experts confirm that Canadian food sources are safe and health risks from pesticides are low
- Nutritional differences between organic and regular food are insignificant

