Benefits of a Brightly-Colored Diet

Aim to regularly eat phytochemicals—diets high in these protective plant compounds are associated with health benefits.

### Carotenoids

- **Beta-carotene**
  - Supports a healthy immune system.
  - May decrease inflammation and reduce risk of chronic diseases, like heart disease and cancer.

- **Lycopene**
  - May reduce cell damage and decrease cancer cell growth.
  - May reduce risk of cancer.

### Flavonoids

- **Anthocyanins**
  - May defend against heart attacks by protecting heart and blood vessels and decreasing blood pressure.
  - May help preserve brain function as we age.

- **Isoflavones**
  - May decrease cancer risk and aid remission.
  - Aim for up to 1 to 3 servings/day of whole soy foods—processed options can have much higher or lower amounts pending processing.

### Glucosinolates

- Promote detoxification pathways in the liver and help eliminate toxins and waste.
- May help attack cancer cells and play a role in disease prevention by triggering anti-inflammatory responses.