

The Be Fit Minute

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Benefits of a Brightly-Colored Diet

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

Carotenoíds

Beta-carotene







- Supports a healthy immune system.
- May decrease inflammation and reduce risk of chronic diseases, like heart disease and cancer.
- May reduce cell damage and decrease cancer cell growth.
- May reduce risk of cancer.

Flavonoids

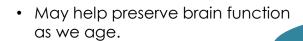
Anthocyanins

Isoflavones









decreasing blood pressure.









- 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.