





# Culinary Medicine

**Phyto = plant      Phyto + nutrients = Phytonutrients**

Explore the benefits of nature's natural colors!

Red	Nutrients:	Health Benefits:	Source:
	Lycopene, quercetin, anthocyanidins, ellagic acid	Reduce risk of some cancers and heart disease, decrease inflammation, increase immunity, eye/skin/hair health, memory function, urinary tract health	Beets, cherries, cranberries, raspberries, strawberries, red peppers, watermelon, tomatoes, red beans, red onions, red radishes, pink/red grapefruit, red apples, red potatoes
Green	Nutrients:	Health Benefits:	Source:
	Lutein, zeaxanthin, indoles, sulphoraphane, carotenoids and isoflavones	Promote eye health (protecting against macular degeneration and cataracts), lung health, liver function, healthy bones, lower blood pressure, healthy cell production and immune system, reducing the risk of certain cancers	Green apples, green grapes, honeydew melon, artichokes, arugula, asparagus, broccoli, brussels sprouts, bok choy, green cabbage, spinach, kale, peas, green peppers, green beans, kiwifruit, pears, avocados, cucumbers, zucchini, basil, parsley, cilantro
Orange/Yellow	Nutrients:	Health Benefits:	Source:
	Carotenoids, lutein, zeaxanthin, lycopene, curcuminoids, gingerol	Reduce risk of cancer and heart disease, promote eye/skin/hair health, increase immunity, decrease inflammation	Carrots, orange and yellow peppers, yellow beets, squash, sweet potatoes, pumpkin, oranges, bananas, apricots, cantaloupe, nectarines, peaches, pineapple, ginger, turmeric
Purple	Nutrients:	Health Benefits:	Source:
	Anthocyanidins, phenolics, flavonoids	Heart health, anti-aging and cancer preventing properties, improve memory function	Blackberries, blueberries, plums, raisins, purple grapes, purple cabbage, purple carrots, eggplant, purple cauliflower, purple peppers, purple flesh potatoes, purple asparagus
White	Nutrients:	Health Benefits:	Source:
	Glucosinolates, isothiocyanates, isoflavones	Lower cholesterol, reduce risk of cancer and heart disease, protect cells from damage, increase immunity, promote eye/skin/bone health	Cauliflower, garlic, jicama, mushrooms, onions, parsnips, turnips, potatoes, rutabagas, white peaches, white nectarines

**GRCC**

Secchia Institute for  
Culinary Education



**DOWNTOWN  
MARKET  
GRAND  
RAPIDS**

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[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

X21698 FY18.11.189.Q © Spectrum Health 06.2018

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