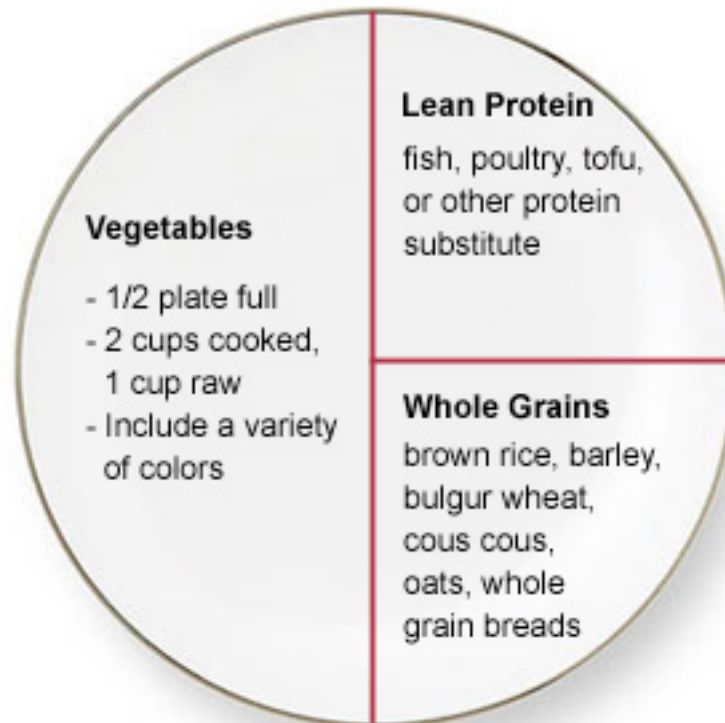


Create A Powerful Plate

An apple a day has always been good advice; adding at least five to ten servings of fruits and vegetables every day is an even better idea. Here's how to create a more powerful plate by placing the emphasis on colorful plant-based foods.



What counts as a serving?

- * 1 cup leafy greens, berries or melon chunks
- * 1/2 cup for all other fruits and vegetables
- * 1 medium fruit or vegetable (ex. apple, orange)
- * 1/4 cup dried fruit
- * 3/4 cup juice

Why eat this way? Phytonutrients are natural compounds found in plant-based foods that give plants their rich pigment as well as their distinctive taste and smell. They are essentially the plant's immune system and offer protection to humans as well. There are thousands of phytonutrients that may help prevent cancer as well as provide other health benefits.

The best way to increase your intake of phytonutrients is to eat a variety of plant-based foods including fruits, vegetables, whole grains, spices and tea. Supplements are a poor substitute, as these phytonutrients "work together as a team" and provide a more potent protective punch when eaten as whole foods.