

# Training Table

Debra Wein, MS, RD, LDN, NSCA-CPT

## Your Mother Was Right... Eat Your Vegetables! Here's Why.

**E**ating five or more servings of colorful fruits and vegetables a day is an essential part of healthy living. Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytonutrients your body uses to maintain good health and energy levels. Phytonutrients are natural plant compounds that give fruits and vegetables their bright colors. The phytonutrients in fruits and vegetables help protect against the effects of aging and reduce the risk of cancer and heart disease.

Fruits and vegetables have been classified into seven color groups. Each color represents a plant chemical with a specific benefit. Try to eat at least one serving from each of the seven groups daily.

### Dining by Color

#### Red Group

Fruits and vegetables from the red group contain the phytonutrient lycopene. Eating a variety from the red group may prevent heart and lung disease. This group includes tomatoes, watermelon, and grapefruit.

**Phytonutrient:** Lycopene

**Sources:**

Tomatoes	Pink grapefruit juice
Tomato products	Watermelon
Pink grapefruit	

#### Red/Purple Group

The red/purple group contains anthocyanins, which have been found to protect against heart disease. Anthocyanins are found in red wine, prunes, cranberries, and red apples.

**Phytonutrient:** Anthocyanins

**Sources:**

Black berries	Pomegranates
Blueberries	Prunes
Cherries	Red cabbage
Plums	Red grapes

#### Orange Group

The orange group, including carrots, mangoes, sweet potatoes, and pumpkin, provides alpha and beta carotene. These substances may protect against cancer and improve vision health.

**Phytonutrient:** Alpha and beta carotene

**Sources:**

Apricots	Carrots
Acorn squash	Mangoes
Butternut Squash	Sweet potatoes
Cantaloupe	Yams

#### Orange/Yellow Group

The orange/yellow group provides us with beta cryptothanxin, which may prevent heart disease. This group includes oranges, peaches, tangerines, and papayas.

**Phytonutrient:** Beta cryptothanxin

**Sources:**

Clementines	Pineapple
Mandarin oranges	Pineapple juice
Nectarines	Papaya
Oranges	Tangerines
Peaches	Tangelos

## Yellow/Green Group

The yellow/green group includes spinach, green peas, avocados, and kiwi. These fruits and vegetables contain lutein and zeaxanthin, which concentrate in the eye. These phytonutrients may help prevent cataracts and age-related macular degeneration.

**Phytonutrient:** Lutein and zeaxanthin

**Sources:**

Collard greens	Kiwi
Green & yellow peppers	Spinach
Green beans	Turnips
Kale	Yellow corn

## Green Group

The green group is rich in indoles, sulforaphane, and isothiocyanate, which have been found to speed up the action of enzymes that break down carcinogens. Broccoli, cabbage, and kale are included in this group.

**Phytonutrient:** Indoles, sulforaphane, and isothiocyanate

**Sources:**

Broccoli	Brussels sprouts
Broccoli sprouts	Cabbage
Bok choy	Kale

## White/Green Group

The white/green group includes celery, garlic, onions, pears and chives. Plants in this group contain allicin, which appears to have anti-tumor effects.

**Phytonutrient:** Allicin

**Sources:**

Asparagus	Mushrooms
Celery	Pearl onions
Chives	Pears
Garlic	Scallions
Leeks	

## About the Author

*Debra Wein, MS, RD, LDN, NSCA-CPT is an adjunct faculty member at the University of Massachusetts, Simmons College and The Boston Conservatory, and chairs the Women's Subcommittee of the Massachusetts' Governor's Committee on Physical Fitness and Sports. She is the President of The Sensible Nutrition Connection, Inc. (www.sensiblenutrition.com).*

## Suggested Reading

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