



Phytonutrient Spectrum Checklist for Kids

RED

Foods

Apples
Applesauce
Cherries
Kidney beans

Pomegranate
Radishes
Strawberries

Sweet red bell
peppers
Tomato

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

ORANGE

Foods

Apricots
Bell peppers
Butternut squash

Cantaloupe
Carrots
Mango

Nectarine
Orange
Sweet potato

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

YELLOW

Foods

Bell peppers
Corn
Lemon

Popcorn
Spaghetti squash
Starfruit

Succotash
Yellow squash

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

GREEN

Foods

Asparagus
Avocado
Bean sprouts
Bell peppers
Broccoli
Brussels sprouts

Cabbage
Celery
Chard
Cucumbers
Green beans
Green peas

Greens (*beet,
dandelion, collard,
mustard, turnip*)
Kale
Lettuce
Olives
Snow peas

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

BLUE/PURPLE

Foods

Blackberries
Blueberries
Cabbage (*purple*)
Carrots (*purple*)
Dates

Eggplant
Grapes (*purple*)
Kale (*purple*)
Plums

Potatoes (*purple*)
Raisins
Rice (*black or
purple*)

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

WHITE/TAN

Foods

Bean dips
Garlic
Hummus
Legumes

Nuts
Onions
Refried beans

Seeds
Shallots
Tahini

Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Eat at least 1-2 servings of every color everyday.

