THE INSTITUTE FOR FUNCTIONAL MEDICINE®

Phytonutrient Spectrum Checklist

Red

Foods

Apples, red skinned
Beans, red *(adzuki, kidney, etc.)*
Beets
Bell pepper, red
Blood oranges
Cranberries
Cherries
Grapefruit, pink
Goji berries
Grapes, red skinned
Guava
Onions, red
Plums
Pomegranate
Potatoes, red
Prickly pear
Radicchio
Radishes
Raspberries
Strawberries
Sweet peppers, red
Rhubarb
Rooibos tea
Tomato
Watermelon

Servings

WEEK 1

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

WEEK 2

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

Orange

Foods

Apricots
Bell pepper, orange
Cantaloupe
Carrots
Mango
Nectarine
Orange
Papaya
Persimmons
Pumpkin
Squash *(acorn, buttercup, butternut, winter)*
Sweet potato (sometimes referred to as "yams" in the U.S.)
Tangerines
Turmeric root

Servings

WEEK 1

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

WEEK 2

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

Yellow

Foods

Apples, yellow skinned
Asian pears
Banana
Bell pepper, yellow
Corn
Ginger root
Gold kiwi
Jackfruit
Lemon
Millet
Olive oil, extra virgin
Passionfruit
Pineapple
Plantains
Potatoes, yellow
Starfruit
Summer squash

Servings

WEEK 1

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

WEEK 2

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

Aim to eat at least 1-2 servings of each color every day.

Images courtesy of 123RF

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Green



Foods

Apples, green skinned
Artichoke
Asparagus
Avocado
Bamboo shoots
Bean sprouts
Bell pepper, green
Bok choy
Broccoli
Broccolini
Brussels sprouts
Cabbage, green
Celery
Chayote
Cucumbers
Edamame/soybeans
Feijoa
Green beans
Green peas
Green tea
Greens *(beet, chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip)*
Herbs *(basil, cilantro, parsley, thyme)*
Kiwi
Limes
Nopales
Okra
Olive oil, extra virgin
Olives, green
Pears, green skinned
Peppers, green
Snow peas
Tomatillos
Watercress
Zucchini

Servings

WEEK 1

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

WEEK 2

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

Blue/Purple/Black



Foods

Bell pepper, purple
Berries *(blueberries, blackberries, boysenberries, huckleberries, marionberries)*
Cabbage, purple
Carrots, purple
Cauliflower, purple
Eggplant
Figs
Grapes, blue/purple/black skinned
Kale, purple
Olives, purple/black
Plums
Potatoes, purple
Prunes
Raisins
Rice, purple/black

Servings

WEEK 1

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

WEEK 2

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

White/Tan/Brown



Foods

Apples
Applesauce
Cassava root (yuca root)
Cauliflower
Cherimoya
Cocoa
Coconut
Coffee
Dates
Garlic
Jicama
Legumes *(chickpeas, dried beans or peas, hummus, lentils, peanuts)* and legume dips
Lychee
Mushrooms
Nuts *(almonds, cashews, pecans, walnuts)*
Onions
Pears
Pitaya (dragon fruit)
Seeds *(flax, hemp, pumpkin, sesame, sunflower)*
Shallots
Soy
Tahini
Taro root
Tea *(black, white)*
Turnips
Whole grains *(amaranth, barley, brown rice, oat, quinoa, rye, spelt, teff, wheat)*

Servings

WEEK 1

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

WEEK 2

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

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