The Power of Color

Phytonutrients references

American Dietetic Association Complete Food and Nutrition Guide
Duyff, Roberta Larson, MS, RD, FADA, CFCS,

Color Me Healthy: Enjoying Fruits and Vegetables
Kansas State University
Higgins, Mary L. Meck, PhD, RD, LD, CDE (August 2004)

Paint Your Plate With a Rainbow of Fruits and Vegetables
Transition to Adulthood
University of Missouri – Lifetimes

Phytochemicals – Vitamins of the Future?
Beason, Tammy MS, RD, Nutrition Education Specialist, FNEP (2001)
Fleming, Tricia, University of Kansas Intern
Retrieved in July 2008 from http://extension.missouri.edu/hesfn/Phytochemicals/PHTO1.ppt

Phytonutrients Take Center Stage
United States Department of Agriculture (modified 7/7/2008)

Plant Pigments Can Be Cancer Fighters
Roberts, Tammy MS, RD, LD, Nutrition and Health Education Specialist (Sept. 12, 2007)
University of Missouri

Vitamins, Minerals, Antioxidants, Phytonutrients, Functional Foods
Bess, Melissa, Nutrition and Health Specialist, MU Extension
http://extension.missouri.edu/fnep/VitMinAntiPhyto.ppt

Running out of money for food? Contact your local Food Stamp office, or go to www.dss.mo.gov/fsd/fstamp.
For more information, call MU Extension’s Show-Me Nutrition Line at 1-888-515-0016. Funded in part by USDA SNAP.