

# Are you a superfood superstar?

Add more variety to the colors of fruits and vegetables you eat to increase your levels of powerful antioxidants called phytonutrients.

Eight out of ten Americans are phytonutrient deficient. If you're one of them, the solution is simple: aim for a diet that includes a rainbow of colors.

Use this chart to track the colors you eat and add more colorful variety to your diet.

[www.adavvy.com](http://www.adavvy.com)

Green	White	Red	Yellow/Orange	Blue/Purple
<input type="checkbox"/> Artichokes	<input type="checkbox"/> Bananas	<input type="checkbox"/> Beets	<input type="checkbox"/> Apricots	<input type="checkbox"/> Black currants
<input type="checkbox"/> Arugula	<input type="checkbox"/> Brown pears	<input type="checkbox"/> Blood oranges	<input type="checkbox"/> Butternut squash	<input type="checkbox"/> Black salsify
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Cherries	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Blackberries
<input type="checkbox"/> Avocados	<input type="checkbox"/> Dates	<input type="checkbox"/> Cranberries	<input type="checkbox"/> Carrots	<input type="checkbox"/> Blueberries
<input type="checkbox"/> Broccoflower	<input type="checkbox"/> Garlic	<input type="checkbox"/> Guava	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Dried plums
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Ginger	<input type="checkbox"/> Other	<input type="checkbox"/> Lemon	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Brussel sprouts	<input type="checkbox"/> Jerusalem artichoke	<input type="checkbox"/> Papaya	<input type="checkbox"/> Mangoes	<input type="checkbox"/> Elderberries
<input type="checkbox"/> Celery	<input type="checkbox"/> Jicama	<input type="checkbox"/> Pomegranates	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Grapes
<input type="checkbox"/> Cucumbers Endive	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Oranges	<input type="checkbox"/> Olives
<input type="checkbox"/> Green apples	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Radishes	<input type="checkbox"/> Other	<input type="checkbox"/> Other
<input type="checkbox"/> Green beans	<input type="checkbox"/> Onions	<input type="checkbox"/> Raspberries	<input type="checkbox"/> Papayas	<input type="checkbox"/> Plums
<input type="checkbox"/> Green cabbage	<input type="checkbox"/> Other	<input type="checkbox"/> Red apples	<input type="checkbox"/> Peaches	<input type="checkbox"/> Pomegranates
<input type="checkbox"/> Green grapes	<input type="checkbox"/> Parsnips	<input type="checkbox"/> Red bell peppers	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Prunes
<input type="checkbox"/> Green pears	<input type="checkbox"/> Potatoes	<input type="checkbox"/> Red chili peppers	<input type="checkbox"/> Pineapples	<input type="checkbox"/> Purple Belgian endive
<input type="checkbox"/> Green peppers	<input type="checkbox"/> Shallots	<input type="checkbox"/> Red grapes	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Purple potatoes
<input type="checkbox"/> Honeydew	<input type="checkbox"/> Turnips	<input type="checkbox"/> Red grapefruit	<input type="checkbox"/> Sweet corn	<input type="checkbox"/> Purple asparagus
<input type="checkbox"/> Kale	<input type="checkbox"/> White corn	<input type="checkbox"/> Red onions	<input type="checkbox"/> Sweet potatoes	<input type="checkbox"/> Purple cabbage
<input type="checkbox"/> Kiwifruit	<input type="checkbox"/> White nectarines	<input type="checkbox"/> Red pears	<input type="checkbox"/> Tangerines	<input type="checkbox"/> Purple carrots
<input type="checkbox"/> Leafy greens	<input type="checkbox"/> White peaches	<input type="checkbox"/> Red peppers	<input type="checkbox"/> Yellow apples	<input type="checkbox"/> Purple figs
<input type="checkbox"/> Leeks		<input type="checkbox"/> Red potatoes	<input type="checkbox"/> Yellow beets	<input type="checkbox"/> Purple grapes
<input type="checkbox"/> Lettuce		<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Yellow pears	<input type="checkbox"/> Purple peppers
<input type="checkbox"/> Limes		<input type="checkbox"/> Strawberries	<input type="checkbox"/> Yellow peppers	<input type="checkbox"/> Raisins
<input type="checkbox"/> Okra		<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Yellow summer squash	
<input type="checkbox"/> Other		<input type="checkbox"/> Watermelon	<input type="checkbox"/> Yellow tomatoes	
<input type="checkbox"/> Peas				
<input type="checkbox"/> Snow Peas				
<input type="checkbox"/> Soybeans				
<input type="checkbox"/> Spinach				
<input type="checkbox"/> Zucchini				
<b>Total:</b>	<b>Total:</b>	<b>Total:</b>	<b>Total:</b>	<b>Total:</b>