

Bibliography of the Health Benefits of Phytonutrients (aka Phytochemicals)

Phytonutrients are natural compounds found in plant-based foods that give plants their rich colors, as well as their distinctive taste and smell. They are essentially the plant's immune system and offer protection to humans as well. There are thousands of phytonutrients that may help prevent cancer as well as provide other health benefits. [Dana-Farber Cancer Institute].

American Institute for Cancer Research. AICR's Foods That Fight Cancer. <http://www.aicr.org/foods-that-fight-cancer/>

"DASH diet: Guide to recommended servings." Mayo Clinic.
<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20050989>

American Cancer Society. Guidelines on Nutrition and Physical Activity for Cancer Prevention.
<http://www.cancer.org/acs/groups/cid/documents/webcontent/002577-pdf.pdf>

American Institute for Cancer Research. AICR's Foods That Fight Cancer.
<http://www.aicr.org/foods-that-fight-cancer/>

Dana Farber Cancer Institute. Phytonutrient Rich Foods: Add Color to Your Plate.

<https://www.dana-farber.org/uploadedFiles/Library/health-library/nutrition/phytonutrient-rich-foods.pdf>

Eat a Heart-Healthy Diet. Consumer Reports.
<http://www.consumerreports.org/cro/2013/02/eat-a-heart-healthy-diet/index.htm>

Eat Red for a Healthy Heart Diet.
<http://www.aarp.org/health/healthy-living/info-2014/heart-healthy-red-fruits.html>

Ted Escobedo. Food Fight! Diet suggestions that help prevent cancer. Rio Grande Cancer Foundation.

<https://rgcf.org/details/news/food-fight-diet-suggestions-that-help-prevent-cancer>

5 A Day -The Color Way. NC SNAC.
http://www.fns.usda.gov/sites/default/files/5_day_color_way.pdf

Five Elements or the Five States of Change.
http://www.nationsonline.org/oneworld/Chinese_Customs/five_elements.htm

Food With 'Five Colors' Benefit Health. Epoch Times, 2013.
<http://www.theepochtimes.com/n3/270425-food-with-five-colors-benefit-health/>

Joel Fuhrman, MD. The Ten Best Foods for Longevity.
https://www.verywell.com/best-foods-for-longevity-4005852?utm_content=7441983&utm_medium=email&utm_source=cn_nl&utm_campaign=health_tod&utm_term=

Joel Fuhrman, MD. Your Diet Can Offer Protection Against Cancer.
<https://www.verywell.com/your-diet-can-offer-protection-against-cancer-3866138>

Frank Lipman. What are Phytonutrients? <http://www.drfranklipman.com/what-are-phytonutrients/>

Nutrition and Health Info Sheet: Phytochemicals.
<http://nutrition.ucdavis.edu/content/infosheets/fact-pro-phytochemical-2016.pdf>

Amy Paturel. "Eat Your Way to Brain Health." AARP Bulletin, October, 2015.
<http://www.aarp.org/health/brain-health/info-2015/brain-diet.html>

<https://en.wikipedia.org/wiki/Phytochemical>

Phytochemicals: The Cancer Fighters in the Foods We Eat.

http://www.aicr.org/reduce-your-cancer-risk/diet/elements_phytochemicals.html?referrer=https://www.google.com/

Phytonutrients. <http://www.webmd.com/diet/guide/phytonutrients-faq#1>

Alisa Rutherford-Fortunati. Phytochemicals: Eating from the Rainbow.

<http://gentleworld.org/phytochemicals-eating-from-the-rainbow/>

Juliann Schaeffer. "Color Me Healthy — Eating for a Rainbow of Benefits."

Today's Dietitian Vol. 10 No. 11.

<http://www.todaysdietitian.com/newarchives/110308p34.shtml>

Ashley Steinbrinck. 5 Colors of Phytonutrients You Should Eat Every Day.

<http://blog.naturalhealthyconcepts.com/2013/04/16/5-colors-of-phytonutrients-you-should-eat-every-day-infographic/>

Vegetables and Fruits. Harvard School of Public Health.

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>

Your Food Guide For Cancer Preventative Nutrition.

<http://www.giveforward.com/blog/guide-cancer-preventative-nutrition>

Yu-Jie Zhang, et al. "Antioxidant Phytochemicals for the Prevention and Treatment of Chronic Diseases."

Molecules, 2015. <http://www.mdpi.com/1420-3049/20/12/19753/htm>

What are Phytonutrients? <http://www.fruitsandveggiesmorematters.org/what-are-phytochemicals>