



PUTTING OUT THE FLAME

Session Four

Micronutrients

Classes featured: What are Micronutrients?, Micronutrients—What to Eat

How I did last week:

What I want to remember:



WHAT YOU NEED TO KNOW:

- **Micronutrients** help your body use the energy in your cells and allow your body to function properly. There are three types: vitamins, minerals, and phytonutrients.
- **Antioxidants** are some of the most famous phytonutrients. They have been shown to prevent or delay some types of cell damage.
- The recommended amount of plant foods per day is 10–12 servings.
- A study from Cornell University found cooked tomatoes and tomato products, like tomato paste, have up to four times the amount of lycopene! Cook your tomatoes with a healthy fat, like avocado oil or extra virgin olive oil for an added bonus.

Tips from the pros to remember:

Aim to eat 10–12 servings of plant foods per day. Here are the serving sizes you should aim for:

- **Vegetables** = $\frac{1}{2}$ cup cooked or 1 cup raw
- **Fruit** = medium-sized piece or $\frac{1}{2}$ cup
- **Nuts and seeds** = 1–2 Tbsp
- **Whole grains** = $\frac{1}{3}$ cup to $\frac{1}{2}$ cup cooked

Fun fact: “Phyto” means plant in Greek.



HOMEWORK

Assignment

Print or download your Rainbow Foods list.

- Highlight the foods you like.
- Circle the foods you want to eat more of.
- Put a check mark next to the foods you're already eating. Then start eating more of the ones you have circled.

Refer to the food tracking you did in session one.

- Count the number of plant food servings you're already getting.
- Add in 2–4 servings of plant foods per day. This will help you get closer to the long-term goal of 10–12 servings per day.

Quick notes:

PLANNING YOUR PLATE

Whole grains

Consume a variety of whole grains, and limit refined grains



Vegetables

Eat a wide variety of veggies, both fresh and frozen



Protein

Consume a variety of healthy proteins like fish, poultry, beans, and nuts



Fruits

Choose fresh or frozen fruits of all colors



Healthy oils

Use olive and avocado oils for cooking and dressings



Water

Focus on beverages with little to no added sugars





EAT THE RAINBOW

Phytonutrient foods list

Food color	Food sources		Protective compounds	Benefits
	<ul style="list-style-type: none">• Tomatoes• Pink grapefruit• Red peppers	<ul style="list-style-type: none">• Watermelon• Raspberries	<ul style="list-style-type: none">• Lycopene	<ul style="list-style-type: none">• Cancer protection (prostate)• Heart health
	<ul style="list-style-type: none">• Pumpkin• Sweet potatoes• Carrots	<ul style="list-style-type: none">• Cantaloupe• Apricots	<ul style="list-style-type: none">• Beta-carotene	<ul style="list-style-type: none">• Immune system• Vision• Skin health• Bone health
	<ul style="list-style-type: none">• Lemons• Papaya• Peaches	<ul style="list-style-type: none">• Grapefruit• Yellow peppers	<ul style="list-style-type: none">• Vitamin C• Flavanoids	<ul style="list-style-type: none">• Heart health• Immune system• Vision
	<ul style="list-style-type: none">• Collard greens• Kale• Spinach	<ul style="list-style-type: none">• Broccoli• Brussels sprouts	<ul style="list-style-type: none">• Folate• Lutein	<ul style="list-style-type: none">• Eye health• Cancer• Heart health
	<ul style="list-style-type: none">• Blueberries• Blackberries• Figs	<ul style="list-style-type: none">• Black currants• Elderberries	<ul style="list-style-type: none">• Anthocyanins	<ul style="list-style-type: none">• Blood vessel health• Cancer protection
	<ul style="list-style-type: none">• Red wine• Grapes• Plums	<ul style="list-style-type: none">• Cranberries• Red onions• Beets	<ul style="list-style-type: none">• Resveratrol	<ul style="list-style-type: none">• Cancer protection• Heart health• Lung health• Inflammation
	<ul style="list-style-type: none">• Garlic• Onions• Cauliflower	<ul style="list-style-type: none">• Mushrooms• Parsnips• Turnips	<ul style="list-style-type: none">• Indoles• Allicin• Quercetin	<ul style="list-style-type: none">• Immune system• Cancer protection• Inflammation