

Meal Planning to Maximize Your Phytonutrients

© 2004, Jeanne M. Wallace, PhD, CNC Nutritional Solutions (435) 563-0053 • www.nutritional-solutions.net

CRUCIFEROUS (BRASSICA) FAMILY

Phytonutrients glucosinolates, indole-3-carbinol, diindolylmethane, sulforaphane, isothiocyanates

Sources arugula, bok choy, broccoli, broccoli sprouts, Brussels sprouts, cabbage, cauliflower, collards, daikon, horseradish, kale, kohlrabi, mizuna, mustard greens, napa cabbage, radish, rutabaga, turnip, turnip greens (rapini), watercress

Recipe Ideas

Red Cabbage & Raw Beet Cole Slaw

Cabbage-Onion Saute with Coriander

Curried Cauliflower & Shitake Mushrooms

Arugula Pesto • Broccoli-Cauliflower Bisque Soup

Mixed Veggie, Watercress & Broccoli Sprout Pita

Arugula, Fennel, Fuji Apple & Red Pepper Salad

Brussels Sprouts with Udon Noodles in Miso Sauce

Watercress Salad with Pears & Celery

Leeks & Broccoli in Coconut Curry

CAROTENOID FAMILY (>600 discovered to date)

Phytonutrients & Sources:

Alpha carotene: pumpkin, carrots

Beta-carotene: yellow, orange & green vegetables (kale, broccoli, sweet potato, pumpkin, carrot, red pepper) and fruits (mango, apricot, peach, persimmon, cantaloupe)

Cryptoxanthin: citrus, peaches, apricots

Lycopene: tomato products, watermelon, pink grapefruit, guava

Lutein: kale, spinach, collards, beet greens

Zeaxanthin: green vegetables, citrus, corn

Recipe Ideas

Baked Sweet Potato Fries • Carrot-Pumpkin Spice Soup

Sweet Potato Black Bean Salad • Garlic Sesame Kale

Tomato & Zucchini Gratin • Mixed Greens Stew

Baked Kale with Parsnips & Carrots • Seven-Color Salad

Spaghetti Squash with Tomato Sauce & Asiago

Persimmon-Peach Smoothie • Pumpkin Custard

Watermelon-Hibiscus Slushies

ALLIUM FAMILY

Phytonutrients Allyl sulfides (allicin)

Sources garlic, onions, chives, scallions, leeks, shallots

Recipe Ideas

Garlic Roasted Root Vegetables (garlic, onions, leeks, fennel, yam, carrot, parsnip, rutabaga, and red pepper)

Vegetarian French Onion Soup • Fennel & Red Onions

Tarragon, Leek & Cauliflower Soup

Open-Face Breakfast Toast (whole-grain toast topped with olive oil, crushed garlic, nutritional yeast, tomato slice)

MUSHROOM FAMILY

Phytonutrients beta glucans, polysaccharides, aromatase inhibitors

Sources button, crimini, enoki, maitake, oyster, portobella, shitake and other edible mushrooms

Recipe Ideas

Grilled Rosemary Portobello Burgers

“Immune Power” Mushroom Miso Soup

Wild Rice, Mushroom & Pine Nut Salad

Shitake-Sesame Salad Dressing

FLAVONOID FAMILY

Phytonutrients & Sources:

Anthocyanins: red-blue colored fruits: blueberries strawberries, cherries, blackberry, chokecherry, raspberry

Ellagic acid: grapes, strawberries, blackberries, currants, cranberries, raspberries, walnuts

Glucarates: citrus, grains, tomatoes, bell pepper, cherries

Quercetin: red onions, apples with skin

Hesperidin & Tangeretin: oranges, grapefruit, tangerines

Rutin: buckwheat, rhubarb

Resveratrol: red & purple grapes

Recipe Ideas

Raspberry-Cranberry Lemonade

Baked Cinnamon Plums • Blueberry Sorbet • Whey-

Berry-Flaxseed Smoothie • Raspberry-Rhubarb Cobbler

Yogurt-Muesli Trifle with Mixed Berries

LEGUME FAMILY

Phytonutrients Isoflavones (genistein, diadzein, equol), saponins

Sources Genistein: kudzu, yellow split pea, black beans, lima beans, kidney beans, red lentils, soybeans, black-eyed peas, pinto beans, mung beans

Sources Diadzein: soy foods (edamame, miso, tempeh, tofu, natto, soymilk), all legumes (dried beans and peas), kudzu

Recipe Ideas

Tempeh & Eggplant Pot Pies • Tofu & Kale Quiche

Red, White & Black Bean Chili

Brazilian Black Bean Soup with Orange Zest

Miso-Almond Butter on Whole-Grain Ryvita Crackers

Collard-Wrapped Marinated Tempeh Fingers

HERB, TEA & SPICE FAMILY

Phytonutrients & Sources:

Catechins (EGCG): green tea, black tea, dark chocolate
Limonene: caraway, celery seed, orange and tangerine peel, cardamom, fennel

Rosmarinic acid: oregano, rosemary, peppermint, sage

Phthalides: caraway, celery, cumin, dill, fennel, parsley

Polyacetylenes: caraway, cumin, dill, fennel, parsley

Tannins: black tea, persimmon, sage

Thymol: thyme, bergamot, savory, basil, bay leaf

Recipe Ideas

Spiced Green Tea Chai with Orange Peel

Rosemary Green Tea • Curried Hummus

Rosemary Wild Rice-Stuffed Portobello Mushrooms

Tossed Salad with Orange Zest & Raspberry Vinaigrette

WHOLE GRAIN FAMILY

Phytonutrients saponins, phytic acid (IP-6), terpenoids, phytoestrogens

Sources amaranth, barley, brown rice, buckwheat, kamut, oats, quinoa, rye, spelt, whole wheat

Recipe Ideas

Quinoa Pasta Salad with Tomatoes & Basil

Sesame Soba Salad • Quinoa Tabouli w/fresh Parsley

Millet & Squash Casserole • Zucchini Oat Bran Bread

5-Grain Breakfast Muesli w/Toasted Almonds & Berries

Mashed Grains & Cauliflower with Nutritional Yeast