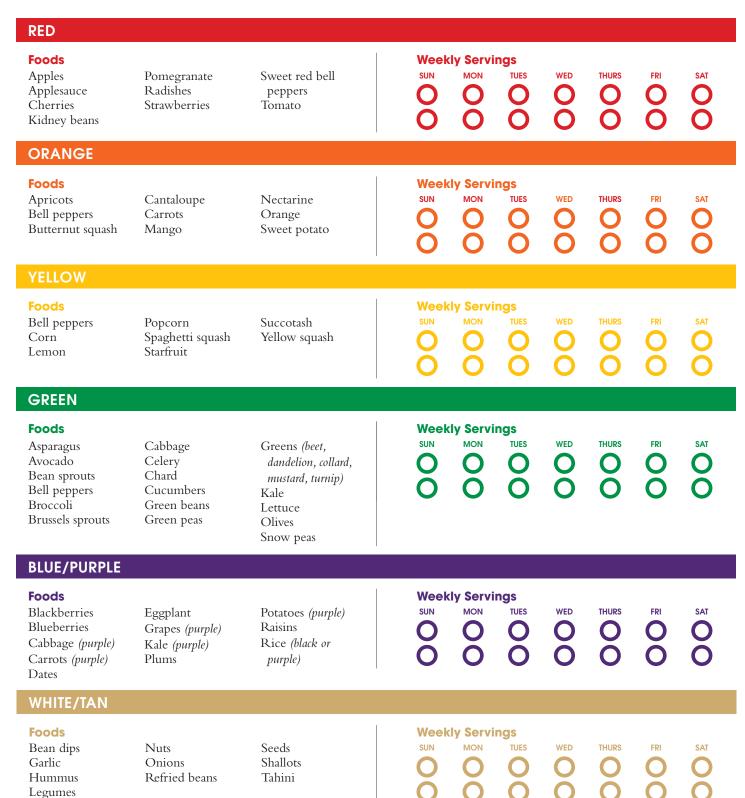


## Phytonutrient Spectrum Checklist



Aim to eat at least 1-2 servings of every color everyday.

