



Phytochemicals



(fi-toe-chem-uh-culs)



Phytochemicals boost the immune system and may help lower the risk of heart disease and some types of cancer.

They are found ONLY in plants. Different phytochemicals give fruits and vegetable their bright colors.

Eating a variety of colorful fruits and vegetables is an easy way to get a combination of phytochemicals that can improve health.

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

