



Phytochemicals



(fi-toe-chem-uh-culs)

Phytochemicals help our body fight germs that make us sick.



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

Eat lots of colorful fruits and vegetables to get all of the phytochemicals to keep you **HEALTHY.**



Tulare County Office of Education

Jim Vidak, County Superintendent of Schools