

Title:

Adding More Phytonutrients To Your Diet Provides Big Benefits

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476

Summary:

Adding more phytonutrients to your diet might just seem like a prescription for more food, more

Phytonutrients are found naturally in a variety of foods, such as legumes, nuts, teas, fruits,

Keywords:

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Article Body:

Adding more phytonutrients to your diet might just seem like a prescription for more food, more

Phytonutrients are found naturally in a variety of foods, such as legumes, nuts, teas, fruits,

Phytonutrients are thought to have a variety of beneficial and significant benefits to our health.

So how do you add more phytonutrients to your diet? It's as easy as adding color, variety and

Color ~ When you think of phytonutrients, think color. Think of the bright red of a perfectly

Yet it's the richly colored vegetables and fruits that provide the best sources of phytonutrients.

Variety -- Although fruits and vegetables are the best sources of phytonutrients, they aren't

Freshness ~ There is much debate on the value of fresh vegetables versus frozen. It's fair to

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