



# 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*

