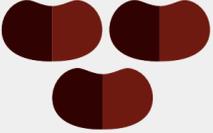




Dr. Greger's Daily Dozen

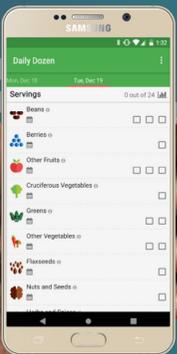
Dr. Greger's Daily Dozen was developed based upon the best available balance of evidence. Rather than being a meal plan or diet in itself, it is just to be used as a checklist to inspire you to include some of the healthiest of healthy foods in your diet.

<p>Beans Servings: 3 per day</p>  <p>e.g. ½ c. cooked beans, ¼ c. hummus</p>	<p>Berries Servings: 1 per day</p>  <p>e.g. ½ c. fresh or frozen, ¼ c. dried</p>	<p>Other Fruits Servings: 3 per day</p>  <p>e.g. 1 medium fruit, ¼ c. dried fruit</p>	<p>Cruciferous Vegetables Servings: 1 per day</p>  <p>e.g. ½ c. chopped, 1 tbsp horseradish</p>
<p>Greens Servings: 2 per day</p>  <p>e.g. 1 c. raw, ½ c. cooked</p>	<p>Other Vegetables Servings: 2 per day</p>  <p>e.g. ½ c. nonleafy vegetables</p>	<p>Flaxseed Servings: 1 per day</p>  <p>e.g. 1 tbsp ground</p>	<p>Nuts and Seeds Servings: 1 per day</p>  <p>e.g. ¼ c. nuts, 2 tbsp nut butter</p>
<p>Herbs and Spices Servings: 1 per day</p>  <p>e.g. ¼ tsp turmeric</p>	<p>Whole Grains Servings: 3 per day</p>  <p>e.g. ½ c. hot cereal, 1 slice of bread</p>	<p>Beverages Servings: 60 oz per day</p>  <p>e.g. Water, green tea, hibiscus tea</p>	<p>Exercise Servings: Once per day</p>  <p>e.g. 90 min. moderate or 40 min. vigorous</p>

Vitamin B12

At least 2,000 mcg (µg) cyanocobalamin once each week (or at least 50 mcg daily), ideally as a chewable, sublingual, or liquid supplement taken on an empty stomach.

FREE



Download *Dr. Greger's Daily Dozen*, and start tracking your servings today!



For more info on the evidence, be sure to read *How Not to Die*.

