



Dr. Greger's Daily Dozen

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

 **BEANS** ✓✓✓
 Servings: 3 per day
 ex: 130g cooked beans, 60g hummus

✓ **BERRIES** 
 Servings: 1 per day
 ex: 60g fresh or frozen, 40g dried


 **FRUITS** ✓✓✓
 Servings: 3 per day
 ex: 1 medium fruit, 40g dried fruit


✓ **CRUCIFEROUS** 
 Servings: 1 per day
 ex: 30-80g chopped, 1 tbs horseradish

 **GREENS** ✓✓
 Servings: 2 per day
 ex: 60g raw, 90g cooked


✓✓ **VEGETABLES** 
 Servings: 2 per day
 ex: 50g nonleafy vegetables


 **FLAXSEED** ✓
 Servings: 1 per day
 ex: 1 tablespoon ground

✓ **NUTS** 
 Servings: 1 per day
 ex: 30g nuts, 2 tbs nut butter

 **GRAINS** ✓✓✓
 Servings: 3 per day
 ex: 100g hot cereal, 1 slice of bread

✓ **SPICES** 
 Servings: 1 per day
 ex: 1/4 teaspoon turmeric

 **EXERCISE** ✓
 Once per day
 ex: 90 min. moderate or 40 min. vigorous

✓✓✓ **BEVERAGES** 
 Servings: 1750ml per day
 ex: water, green tea, hibiscus tea

Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.



Don't forget about these two essential vitamins:

 **VITAMIN B12** ✓
 2500 mcg cyanocobalamin once a week

 **VITAMIN D** ✓
 For those getting inadequate sun 2000 IUs of D3 a day

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