

















Dr. Greger's Daily Dozen

	Recommendation	Serving Size
	Beans <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = ¼ cup hummus or bean dip ½ cup cooked beans, split peas, lentils, edamame, tofu, or tempeh 1 cup fresh peas or sprouted lentils
	Berries <input type="checkbox"/>	Serving = ½ cup fresh or frozen or ¼ cup dried
	Other Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 medium fruit or 1 cup cut up fruit or ¼ cup dried
	Cruciferous Vegetables <input type="checkbox"/>	Serving = 1 cup raw or ½ cup cooked broccoli, cauliflower, cabbage, brussel sprouts, kale, collards, etc. 1 tablespoon horseradish
	Greens <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 cup raw or ½ cup cooked (kale, collards, romaine, leaf lettuce, etc.)
	Other Vegetables <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 cup raw leafy veg ½ cup raw/cooked nonleafy ½ cup vegetable juice ¼ cup dried mushrooms
	Flaxseeds <input type="checkbox"/>	Serving = 1 tablespoon ground
	Nuts <input type="checkbox"/>	Serving = ¼ cup nuts/seeds 2 tablespoons nut butter (raw unsalted)
	Spices <input type="checkbox"/>	¼ teaspoon turmeric along with other salt free herbs and spices
	Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = ½ cup hot cereal, cooked grains, pasta, or corn kernels 1 cup cold cereal 3 cups popped popcorn 1 tortilla or slice of bread or ½ bagel/English muffin (100% whole wheat or 100% whole grain)
	Beverages <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = 12 ounces (water, tea, coffee)
	Exercise <input type="checkbox"/>	90 minutes moderate activities or 40 minutes vigorous activities

	Recommendation	Dr. Greger's Favorites
	Beans <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Black beans, black-eyed peas, butter beans, cannellini beans, chickpeas (also known as garbanzo beans), edamame, English peas, great north beans, kidney beans, lentils (beluga, French and red varieties), miso, navy beans, pinto beans, small red beans, split peas (yellow or green), and tempeh
	Berries <input type="checkbox"/>	Acai berries, barberries, blackberries, blueberries, cherries (sweet or tart), Concord grapes, cranberries, goji berries, kumquats, mulberries, raspberries (black or red), and strawberries
	Other Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Apples, dried apricots, avocados, bananas, cantaloupe, clementines, dates, dried figs, grapefruit, honeydew, kiwifruit, lemons, limes, lychees, mangos, nectarines, oranges, papaya, passion fruit, peaches, pears, pineapple, pomegranates, plums (especially black plums), pluots, prunes, tangerines, and watermelon
	Cruciferous Vegetables <input type="checkbox"/>	Arugala, bok choy, broccoli, Brussel sprouts, cabbage, cauliflower, collard greens, horseradish, kale (black, green, and red), mustard greens, radish, turnip greens, and watercress
	Greens <input type="checkbox"/> <input type="checkbox"/>	Arugala, beet greens, collard greens, kale (black, green, and red), mesclun mix (assorted young salad greens), mustard greens, sorrel, spinach, Swiss chard, and turnip greens
	Other Vegetables <input type="checkbox"/> <input type="checkbox"/>	Artichokes, asparagus, beets, bell peppers, carrots, corn, garlic, mushrooms (button, oyster, portobello, and shiitake), okra, onions, purple potatoes, pumpkin, sea vegetables (arame, dulse, and nori), snap peas, squash (delicata, summer, and spaghetti squash varieties), sweet potatoes/yams, tomatoes, and zucchini
	Flaxseeds <input type="checkbox"/>	1 tablespoon ground
	Nuts <input type="checkbox"/>	Almonds, brazil nuts, cashews, chia seeds, hazelnuts/filberts, hemp seeds, macadamia nuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts
	Spices <input type="checkbox"/>	Allspice, barberries, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, smoked paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, turmeric, and vanilla
	Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Barley, brown rice, buckwheat, millet, oats, popcorn, quinoa, rye, teff, whole-wheat pasta and wild rice
	Beverages <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Black tea, chai tea, vanilla chamomile tea, coffee, earl grey tea, green tea, hibiscus tea, hot chocolate, jasmine tea, lemon balm tea, matcha tea, almond blossom oolong tea, peppermint tea, rooibos tea, water and white tea
	Exercise <input type="checkbox"/>	Examples of moderate-intensity activities: Bicycling, canoeing, dancing, dodgeball, downhill skiing, fencing, hiking, housework, ice skating, in-line skating, juggling, jumping on a trampoline, paddle boating, playing Frisbee, roller-skating, shooting baskets, shoveling light snow, skateboarding, snorkeling, surfing, swimming recreationally, tennis (doubles), treading water, walking briskly (4 MPH), water aerobics, water skiing, yard work, and yoga Examples of Vigorous Activities: Backpacking, basketball, bicycling uphill, circuit weight training, cross country skiing, football, hockey, jogging, jumping jacks, jumping rope, lacrosse, push-ups and pull-ups, racquetball, rock climbing, rugby, running, scuba diving, squash, step aerobics, swimming laps, walking briskly uphill, and water jogging