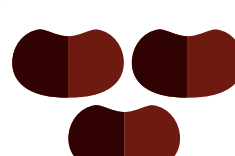




Dr. Greger's Daily Dozen


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


 **BEANS** ✓✓✓
 Servings: 3 per day
 ex: ½ c. cooked beans, ¼ c. hummus

 **FRUITS** ✓✓✓
 Servings: 3 per day
 ex: 1 medium fruit, ¼ cup dried fruit


 **GREENS** ✓✓
 Servings: 2 per day
 ex: 1 cup raw, ½ cup cooked

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


 **GRAINS** ✓✓✓
 Servings: 3 per day
 ex: ½ cup hot cereal, 1 slice of bread

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

✓ **BERRIES** 
 Servings: 1 per day
 ex: ½ cup fresh or frozen, ¼ cup dried

✓ **CRUCIFEROUS** 
 Servings: 1 per day
 ex: ½ cup chopped, 1 tbs horseradish

✓✓ **VEGETABLES** 
 Servings: 2 per day
 ex: ½ cup nonleafy vegetables

✓ **NUTS** 
 Servings: 1 per day
 ex: ¼ cup nuts, 2 tbs nut butter


✓ **SPICES** 
 Servings: 1 per day
 ex: ¼ teaspoon turmeric

✓✓✓ **BEVERAGES** 
 Servings: 60oz 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

Connect with us!

