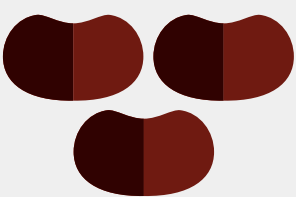
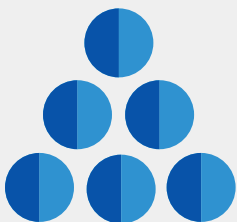





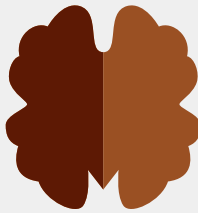



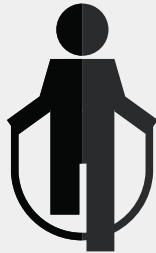
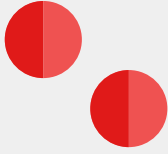




Dr. Greger's Daily Dozen

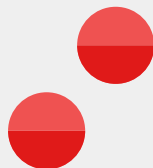
Dr. Greger's Daily Dozen was developed based upon the best available balance of evidence. Rather than being a meal plan or diet in itself, it is just to be used as a checklist to inspire you to include some of the healthiest of healthy foods in your diet.

<div>Beans</div> <div>Servings: 3 per day</div> <div></div> <div>e.g. 75g cooked beans, 60g hummus</div>	<div>Berries</div> <div>Servings: 1 per day</div> <div></div> <div>e.g. 60g fresh or frozen, 40g dried</div>	<div>Other Fruits</div> <div>Servings: 3 per day</div> <div></div> <div>e.g. 1 medium fruit, 40g dried fruit</div>	<div>Cruciferous Vegetables</div> <div>Servings: 1 per day</div> <div></div> <div>e.g. 30-80g chopped, 1 tbsp horseradish</div>
<div>Greens</div> <div>Servings: 2 per day</div> <div></div> <div>e.g. 60g raw, 90g cooked</div>	<div>Other Vegetables</div> <div>Servings: 2 per day</div> <div></div> <div>e.g. 75g nonleafy vegetables</div>	<div>Flaxseed</div> <div>Servings: 1 per day</div> <div></div> <div>e.g. 1 tbsp ground</div>	<div>Nuts and Seeds</div> <div>Servings: 1 per day</div> <div></div> <div>e.g. 30g nuts, 2 tbsp nut butter</div>
<div>Herbs and Spices</div> <div>Servings: 1 per day</div> <div></div> <div>e.g. ¼ tsp turmeric</div>	<div>Whole Grains</div> <div>Servings: 3 per day</div> <div></div> <div>e.g. 100g hot cereal, 1 slice of bread</div>	<div>Beverages</div> <div>Servings: 1750ml per day</div> <div></div> <div>e.g. Water, green tea, hibiscus tea</div>	<div>Exercise</div> <div>Servings: Once per day</div> <div></div> <div>e.g. 90 min. moderate or 40 min. vigorous</div>



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!

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App Store

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

