

Dr. Greger's Daily Dozen



Beans

Serving Sizes:

- ¼ cup of hummus or bean dip
- ½ cup cooked beans, split peas, lentils, tofu, or tempeh
- 1 cup of fresh peas or sprouted lentils
(peanuts-nuts, green beans, snap beans etc in 'other')

Daily Recommendation: 3 servings per day



Berries

Serving Sizes:

- ½ cup fresh or frozen
- ¼ cup dried
(includes kumquats, grapes, raisins)

Daily Recommendation: 1 serving per day



Other Fruits

Serving Sizes:

- 1 medium-sized fruit
- 1 cup cut-up fruit
- ¼ cup dried fruit

Daily Recommendation: 3 servings per day



Cruciferous Vegetables – like arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, collard greens, horseradish, kale (black, green and red), mustard greens, radishes, turnip greens, and watercress:

Serving Sizes:

- ½ cup chopped
- ¼ cup brussels or broccoli sprouts
- 1 tablespoon horseradish

Daily Recommendation: 1 serving per day



Greens – like beet greens, kale, mixed salad greens, sorrel, spinach etc:

Serving Sizes:

- 1 cup raw
- ½ cup cooked

Daily Recommendation: 2 servings per day

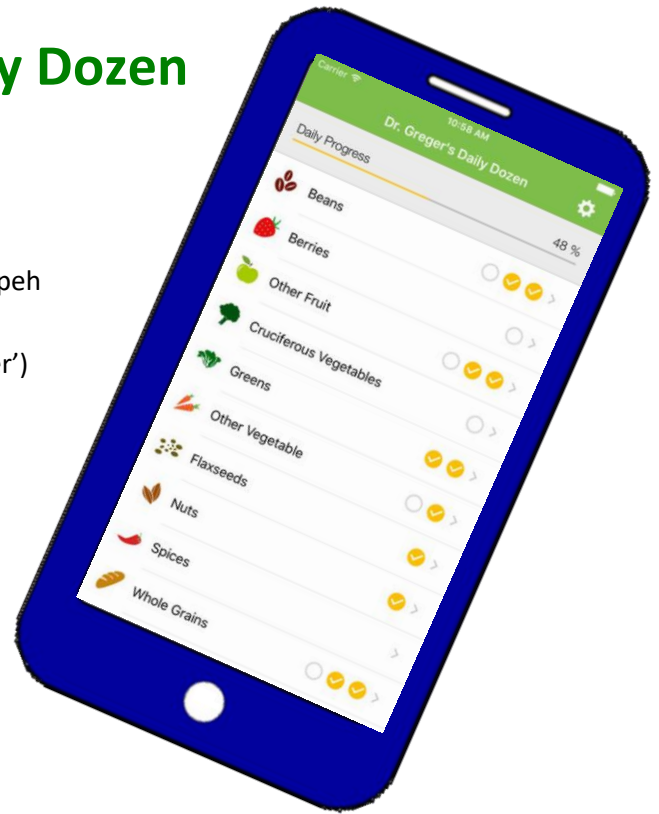


Other Vegetables – Like squash, potatoes, tomatoes, sea vegetables, snap peas, onions, corn garlic, mushrooms etc – see video:

Serving Sizes:

- 1 cup raw leafy vegetables
- ½ cup raw or cooked nonleafy vegetables
- ½ cup vegetable juice
- ¼ cup dried mushrooms

Daily Recommendation: 2 servings per day





Flaxseeds (brown or golden)

Serving size:

1 tablespoon ground

Daily Recommendation: 1 serving per day



Nuts and Seeds – including almonds, brazil nuts, cashews, chia seeds, hazelnuts/filberts, hemp seeds, macadamia nuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts. Chestnuts and coconuts do not nutritionally count as nuts.

Serving Size:

¼ cup nuts or seeds

2 tablespoons nut or seed butter (including peanut butter)

Daily Recommendation: 1 serving per day



Herbs and Spices

Daily Recommendation: ¼ teaspoon of turmeric, along with any other (salt free) herbs and spices you enjoy



Whole Grains

Serving sizes:

½ cup hot cereal or cooked grains, pasta or corn kernels

1 cup cold cereal

1 tortilla or slice of bread

½ a bagel or English muffin

3 cups popped popcorn

Daily Recommendation: 3 servings per day



Beverages (nothing with added sugar or sweeteners)

Serving size:

One glass (12 ounces)

Daily Recommendation: 5 servings per day



Exercise

Serving size:

90 minutes of moderate-intensity activity

40 minutes of vigorous activity

Daily Recommendation: 1 serving per day

There is a FREE iPhone & Android app for this if you like to track things electronically “Dr. Greger’s Daily Dozen”

Watch the source video: <https://nutritionfacts.org/video/dr-gregers-daily-dozen-checklist/>