













# Dr. Greger's Daily Dozen

	Food	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 c. raw or ½ c. cooked broccoli, cauliflower, cabbage, brussels 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 <b>ground</b> <small>*Contains Omega 3 Fatty Acids &amp; Fiber Add to oatmeal, smoothies, soups, yogurt, cereal, pancakes, chili &amp; casseroles</small>
	Nuts <input type="checkbox"/>	Serving = ¼ cup nuts/seed 2 tablespoons nut butter (raw unsalted)
	Spices <input type="checkbox"/> <small>*Decrease salt</small>	¼ tsp turmeric along with other <b>salt free</b> herbs and spices
	Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <small>Buy grains with 3+ grams of fiber per serving. (breads/cereals/crackers/pasta/rice)</small>	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