













Dr. Greger's Daily Dozen

TheDaCare",

	Food	Serving Size
	Beans DDD	Serving = 1/2 cup hummus or bean dip 1 cup fresh peas or sprouted lentils 1/2 cup cooked beans, split peas, lentils, edamame, tofu, or tempeh
	Berries D	Serving = 1/2 cup fresh or frozen or 1/4 cup dried
	Other Fruit DDD	Serving = 1 medium fruit or 1 cup cut up fruit or 1/2 cup dried
	Cruciferous Vegetables D	Serving = 1 c. raw or 1/2 c. cooked broccoli, cauliflower, cabbage, brussels sprouts, kale, collards, etc. 1 tablespoon horseradish
	Greens DD	Serving = 1 cup raw or 1/2 cup cooked (kale, collards, romaine, leaf lettuce, etc.)
	Other Vegetables DD	Serving = 1 cup raw leafy veg 1/2 cup raw/cooked nonleafy 1/2 cup vegetable juice 1/2 cup dried mushrooms
	Flaxseeds D	Serving = 1 tablespoon ground
	Nuts D	Serving = 1/4 cup nuts/seed 2 tablespoons nut butter (raw unsalted)
	Spices Whole D	1/2 tsp turmeric along with other salt free herbs and spices
	Grains DDD	Serving = 1/2 cup hot cereal, cooked grains, pasta, or corn kernels 1 cup cold cereal 3 cups popped popcorn 1 tortilla or slice of bread or 1/2 bagel /English muffin (100% whole wheat or 100% whole grain)
	Beverages DDDDD	Serving = 12 ounces (water, tea, coffee)
	Exercise D	90 minutes moderate activities or 40 minutes vigorous activities