

Dr. Greger's DAILY DOZEN



 one serving
(serving sizes shown below)

Beans



black beans | edamame
chickpeas | miso
tempeh | tofu etc.

60g / 1/4 cup hummus / bean
dip

130g / 1/2 cup cooked beans,
split peas, lentils, tofu or tempeh

Berries



blackberries | grapes
strawberries | cherries
blueberries etc.

60g / 1/2 cup fresh or frozen
berries

40g / 1/4 cup dried berries

Fruits



apples | avocados
melon | oranges
bananas | peaches etc.

1 medium fruit

40g / 1/4 cup dried fruit

Cruciferous



broccoli | cabbage | kale
watercress | cauliflower
etc.

30-80g / 1/2 cup chopped

12g / 1/4 cup Brussels or
broccoli sprouts

Greens



kale | spinach | swiss
chard | collard greens
sorrel etc.

60g / 1 cup raw

90g / 1/2 cup cooked

Vegetables



asparagus | bell peppers
squash sweet potatoes
mushrooms etc.

60g / 1 cup raw leafy vegetables

50g / 1/2 cup raw or cooked
non-leafy vegetables

Nuts & Seeds



almonds | cashews | chia
sunflower seeds
pumpkin seeds etc.

30g / 1/4 cup nuts or seeds

2 tbsp nut or seed butter

Flaxseed



golden | brown

1 tbsp ground

Herbs & Spices



turmeric | basil | chilli
powder | coriander
oregano | parsley
coriander etc.

1/4 tsp turmeric

Any other herbs and spices

Whole Grains



brown rice | oats | quinoa
wild rice | whole-wheat
pasta | buckwheat etc.

100g / 1/2 cup hot cereal or
cooked grains, pasta or corn
kernels

50g / 1 cup cold cereal

Beverages



water | green tea | coffee
matcha tea | jasmine tea
black tea | peppermint
tea etc.

350ml / 12 ounces

Exercise



Moderate: brisk walk
(4mph) | biking | hiking
Vigorous: jogging |
football | swimming laps

90 mins of moderate activity

40 mins of vigorous activity