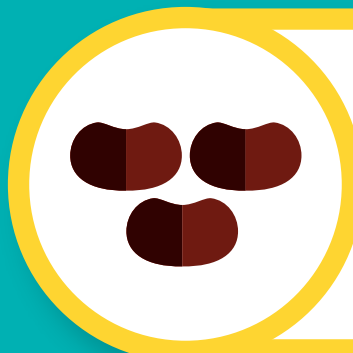




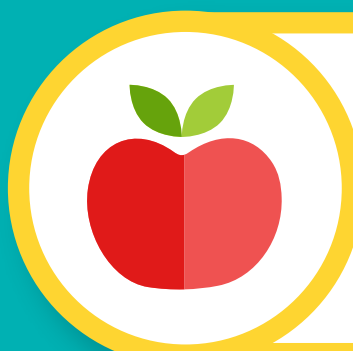
Dr. Greger's Daily Dozen

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.



BEANS

Servings: 3 per day
ex: 1/2 c. cooked beans, 1/4 c. hummus



FRUITS

Servings: 3 per day
ex: 1 medium fruit, 1/4 cup dried fruit



GREENS

Servings: 2 per day
ex: 1 cup raw, 1/2 cup cooked



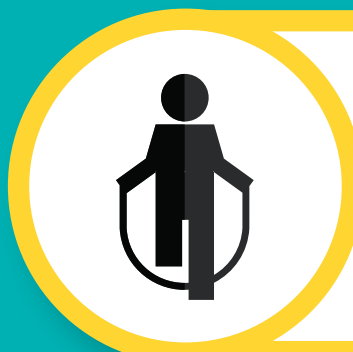
FLAXSEED

Servings: 1 per day
ex: 1 tablespoon ground



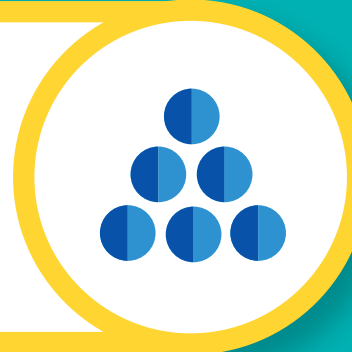
GRAINS

Servings: 3 per day
ex: 1/2 cup hot cereal, 1 slice of bread



EXERCISE

Once per day
ex: 90 min. moderate or 40 min. vigorous



BERRIES

Servings: 1 per day
ex: 1/2 cup fresh or frozen, 1/4 cup dried



CRUCIFEROUS

Servings: 1 per day
ex: 1/2 cup chopped, 1 tbs horseradish



VEGETABLES

Servings: 2 per day
ex: 1/2 cup nonleafy vegetables



NUTS

Servings: 1 per day
ex: 1/4 cup nuts, 2 tbs nut butter



SPICES

Servings: 1 per day
ex: 1/4 teaspoon turmeric



BEVERAGES

Servings: 60oz per day
ex: water, green tea, hibiscus tea

Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.

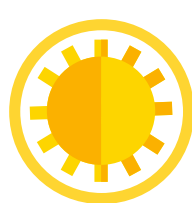


Don't forget about these two essential vitamins:



VITAMIN B12

2500 mcg cyanocobalamin once a week



VITAMIN D

For those getting inadequate sun 2000 IUs of D3 a day

Connect with us!

