

Based on Dr. Greger's "Daily Dozen" app at NutritionFacts.org

Use the app to track your success daily, see a plethora of food suggestions for each category, and to reference all Dr. Greger's awesome videos based on each food category!

Food Categories	Serving Examples
<u>Beans</u> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1/4 cup hummus or bean dip 1/2 cup cooked beans, split peas, lentils, edamame, tofu, or tempeh 1 cup fresh peas or sprouted lentils
<u>Berries</u> <input type="checkbox"/>	1/2 cup fresh or frozen or 1/4 cup dried
<u>Other Fruit</u> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1 medium fruit or 1 cup cut up fruit or 1/4 cup dried
<u>Cruciferous Vegetables</u> <input type="checkbox"/>	1 c. raw or 1/2 c. cooked broccoli, cauliflower, cabbage, brussels sprouts, kale, collards, etc. 1 tablespoon horseradish
<u>Greens</u> <input type="checkbox"/> <input type="checkbox"/>	1 cup raw or 1/2 cup cooked (kale, collards, romaine, leaf lettuce, etc.)
<u>Other Vegetables</u> <input type="checkbox"/> <input type="checkbox"/>	1 cup raw leafy veg 1/2 cup raw/cooked nonleafy 1/2 cup vegetable juice 1/4 cup dried mushrooms
<u>Flaxseeds</u> <input type="checkbox"/>	1 tablespoon ground
<u>Nuts</u> <input type="checkbox"/>	1/4 cup nuts/seed 2 tablespoons nut butter (raw unsalted)
<u>Spices</u> <input type="checkbox"/>	1/4 tsp turmeric along with other salt free herbs and spices
<u>Whole Grains</u> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	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)
<u>Beverages</u> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 ounces (water, tea, coffee)
<u>Exercise</u> <input type="checkbox"/>	90 minutes moderate activities (brisk walking) or 40 minutes vigorous activities