












# Dr. Greger's Daily Dozen



	Food	Serving Size
	<b>Beans</b> <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
	<b>Berries</b> <input type="checkbox"/>	Serving = ½ cup fresh or frozen or ¼ cup dried
	<b>Other Fruit</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 medium fruit or 1 cup cut up fruit or ¼ cup dried
	<b>Cruciferous Vegetables</b> <input type="checkbox"/>	Serving = ½ cup chopped or ¼ cup Brussels or broccoli sprouts 1 tablespoon horseradish (broccoli, cauliflower, cabbage, brussels, sprouts, kale, collards, etc.)
	<b>Greens</b> <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 cup raw or ½ cup cooked (kale, collards, romaine, leaf lettuce, etc.)
	<b>Other Vegetables</b> <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
	<b>Flaxseeds</b> <input type="checkbox"/>	Serving = 1 tablespoon ground
	<b>Nuts</b> <input type="checkbox"/>	Serving = ¼ cup nuts/seed 2 tablespoons nut butter (raw unsalted)
	<b>Spices</b> <input type="checkbox"/>	¼ tsp turmeric along with other salt free herbs and spices
	<b>Whole Grains</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	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)
	<b>Beverages</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = 12 ounces (water, tea, coffee)
	<b>Exercise</b> <input type="checkbox"/>	90 minutes moderate activities or 40 minutes vigorous activities