



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: 130g cooked beans, 60g hummus



FRUITS ✓✓✓

Servings: 3 per day
ex: 1 medium fruit, 40g dried fruit



GREENS ✓✓

Servings: 2 per day
ex: 60g raw, 90g cooked



FLAXSEED ✓

Servings: 1 per day
ex: 1 tablespoon ground



GRAINS ✓✓✓

Servings: 3 per day
ex: 100g hot cereal, 1 slice of bread



EXERCISE ✓

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



✓ BERRIES

Servings: 1 per day
ex: 60g fresh or frozen, 40g dried



✓ CRUCIFEROUS

Servings: 1 per day
ex: 30-80g chopped, 1 tbs horseradish



✓✓ VEGETABLES

Servings: 2 per day
ex: 50g nonleafy vegetables



✓ NUTS

Servings: 1 per day
ex: 30g nuts, 2 tbs nut butter



✓ SPICES

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



✓✓✓ BEVERAGES

Servings: 1750ml per day
ex: water, green tea, hibiscus tea

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



VITAMIN B12 ✓

2500 mcg cyanocobalamin once a week



VITAMIN D ✓

For those getting inadequate sun 2000 IUs of D3 a day

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