

# 12 foods you should eat everyday

Dr. Greger's Daily Dozen - a checklist, to inspire you to include some of the healthiest food in your diet, that he believes we should all eat daily for optimal health.

## Beans



Full of fibre, protein and many other health benefits, Dr. Greger is a huge fan of beans. The advice is to eat 3 servings of beans (e.g. 1/2 cup cooked beans, 1/4 cup hummus) every day.

## Berries



Berries are nutritional powerhouses full of anti-oxidants. The advice is to eat 1 serving a day which is approximately 1/2 a cup of fresh berries.

## Fruit



We all know the old saying, "an apple a day keeps the doctor away." The advice is actually 3 apples a day or 3 pieces of fruit.

## Cruciferous Vegetables

It's advised to eat one serving, 1/2 cup chopped, of cruciferous vegetables such as broccoli, cauliflower, cabbage and kale to keep you trim and improve your health.



## Greens

A diet rich in leafy greens can reduce the risk of obesity, heart disease, high blood pressure and mental decline. That's why Dr. Greger says you should have 2 servings every day, either 1 cup raw or 1/2 cup cooked.

## Vegetables



Other vegetables are also very important, with 2 servings advised each day, a 1/2 cup for each serving.

## Flaxseed



Flaxseeds are chock-full of health benefits! They are high in fibre, omega-3 fatty acids and phytochemicals called lignans. The advice is to eat 1 tablespoon of ground flaxseeds each day.

## Nuts and Seeds



Nuts are a good source of protein and most nuts also contain at least some of these heart-healthy substances: unsaturated fats. The advice is to eat 1/4 cup of raw, unsalted nuts or two tablespoons of nut butter a day.

## Herbs and Spices



Herbs and spices are encouraged as a way to add flavour to meals. 1/4 teaspoon of turmeric is encouraged every day. Turmeric has been proven to help with conditions such as arthritis, indigestion and irritable bowel syndrome.

## Whole Grains

Fibre helps to lower cholesterol and keep us full. Therefore the advice is for 3 servings of whole grains each day. One serving is approximately 1/2 cup cooked grains or 1 slice of bread.



## Beverages

By now, we all know the importance of drinking enough water every day. Dr. Greger wants everyone to drink 1.75 litres each day. Plain water and green tea/herbal teas are acceptable.



## Exercise

For optimal health moving your body is so important. 90 minutes of moderate activity or 40 minutes of vigorous activity is the recommended daily exercise regime.



## Vitamin B12

You may have noticed that Dr. Greger doesn't include any animal products in his list. That is why a B12 supplement is very important. The doctor says you should take "2,000 mcg (µg) cyanocobalamin once each week (or at least 50 mcg daily), ideally as a chewable, sublingual, or liquid supplement taken on an empty stomach."