

THE DAILY DOZEN

A simple daily checklist inspired by Dr. Michael Greger's Daily Dozen

CHECK OFF WHAT YOU GET EACH DAY

☐	Beans • 3 servings Beans, lentils, chickpeas, split peas, tofu, tempeh, etc. Example: ½ cup cooked beans/lentils or ¼ cup hummus
☐	Berries • 1 serving Blueberries, strawberries, raspberries, blackberries, etc. Example: ½ cup fresh or frozen
☐	Other fruits • 3 servings Apples, bananas, oranges, peaches, melons, and more. Example: 1 medium fruit
☐	Cruciferous vegetables • 1 serving Broccoli, cauliflower, cabbage, Brussels sprouts, kale, bok choy, etc. Example: ½ cup chopped
☐	Greens • 2 servings Spinach, kale, collards, lettuce, arugula, and other leafy greens. Example: 1 cup raw or ½ cup cooked
☐	Other vegetables • 2 servings Carrots, tomatoes, peppers, mushrooms, squash, sweet potatoes, etc. Example: ½ cup non-leafy vegetables
☐	Flaxseeds • 1 serving Preferably ground flaxseed. Example: 1 tablespoon
☐	Nuts & seeds • 1 serving Walnuts, almonds, chia, pumpkin seeds, sesame seeds, and more. Example: ¼ cup nuts or 2 tablespoons nut butter
☐	Herbs & spices • 1 serving Turmeric, cinnamon, basil, oregano, garlic, and other herbs/spices. Example: ¼ teaspoon dried herb or spice
☐	Whole grains • 3 servings Oats, brown rice, quinoa, whole-grain bread, barley, and more. Example: ½ cup cooked grain/hot cereal or 1 slice whole-grain bread
☐	Beverages • 5 servings Primarily water; green tea or hibiscus tea are options. Target listed by NutritionFacts.org: 60 oz/day
☐	Exercise • 1 serving Physical activity. 90 minutes moderate activity or 40 minutes vigorous activity

VITAMIN B12

Greger's checklist also recommends a B12 supplement. NutritionFacts.org lists at least 2,000 mcg cyanocobalamin once weekly or 50 mcg daily.

Remember: The Daily Dozen is intended as an aspirational minimum—not a rigid diet or meal plan.