

DR. GREGER'S DAILY DOZEN



Top evidence-backed daily habits for your optimal health & longevity, synthesized from the key findings of every English-language nutrition study published in the last 50 years

Berries



1+ serving / day



Blueberries, blackberries, strawberries, raspberries, cherries, concord grapes, goji berries, cranberries, etc.

Serving examples:

- ½ cup fresh or frozen berries
- ¼ cup dried berries



Frozen berries are nutritionally similar to fresh - they're also highly convenient, often cheaper, last longer and available year-round!

Serving examples:

- 1 medium size fruit
- 1 cup cut-up fruit
- ¼ cup dried fruit



Try fruit raw, chopped, cooked, baked, blended, frozen, in salads, any way you like ♡

More Fruit



3+ servings / day



Apples, apricots, avocados, bananas, cantaloupe, clementines, dates, figs, grapefruit, honeydew, kiwi, lemons, limes, lychees, mangos, nectarines, oranges, papaya, passion fruit, peaches, pears, pineapple, plums, pomegranates, prunes, watermelon... and more!

Beans



3+ servings / day



All kinds of beans, peas, chickpeas, lentils, edamame, tempeh, miso etc.

Serving examples:

- ¼ cup hummus or bean dip
- ½ cup cooked beans, split peas, lentils, tofu, or tempeh
- 1 cup fresh peas or sprouted lentils



Lentils are one of the most nutrient-dense legumes - and their antioxidant power further doubles when sprouted! Sprouts are one of the healthiest possible snacks.*

Serving examples:

- 1 cup raw greens
- ½ cup cooked greens



For optimal kidney health, It's wise not to eat too much of high-oxalate greens: spinach, chard, beet greens†

Cruciferous



1+ servings / day



Arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, collards, horseradish, kale, mustard greens, radishes, turnip greens, and watercress

Serving examples:

- 1 cup raw leafy vegetables
- ½ cup raw/cooked nonleafy vegetables
- ¼ cup dried mushrooms



Multiple studies found that people find most attractive the "golden glow" that can be achieved by carotenoid consumption - i.e. eating the yellow & red pigments in sweet potatoes, carrots, tomatoes, etc.**

Flaxseed



1 tbsp / day



Flaxseeds contain one hundred times more lignans (protective phytoestrogens) than other foods, showing compelling anti-cancer properties. Flaxseeds have also been demonstrated in clinical studies to lower blood pressure, reduce inflammation, and help control cholesterol, triglyceride, and blood sugar levels. Marvelously nutritious!

Greens



2+ servings / day



Arugula, mesclun mix (assorted salad greens), kale, beet greens, sorrel, mustard greens, etc.

Serving examples:

- 1 cup raw arugula
- ½ cup cooked broccoli, cauliflower, purple cabbage, brussels sprouts etc.
- 1 tbsp horseradish



If using frozen crucifer (e.g. frozen broccoli): It's best to eat with a bit of mustard, purple cabbage, or other fresh crucifer to enable the formation of sulforaphane†

More Veggies



2+ servings / day



Artichokes, asparagus, beets, bell peppers, carrots, corn, garlic, mushrooms, onions, purple potatoes††, pumpkin, nori, squash, sweet potatoes, tomatoes, yams, zucchini, etc.

Serving examples:

- 1 tbsp ground flaxseed:
 - added to a smoothie
 - as a savory baked flax cracker
 - added to thicken stir fry sauce (can be heated w/o damaging lignans)



It's best to eat ground flaxseed or chew whole flaxseeds very thoroughly - otherwise the seeds may pass through your body undigested. Ground flaxseed lasts for several months in the fridge.

Serving examples:

- ¼ cup nuts
- 2 tbsp nut or seed butter, including peanut butter



Coconut milk/cream/oil should be avoided due to very high saturated fat and total fat content. As one nutritious alternative, blended and heated cashews thicken to make a delicious creamy base.

Whole Grains



3+ servings / day



Oats, quinoa, popcorn, whole wheat pasta, barley, buckwheat, rye, whole grain bread & tortillas, etc.##

Serving examples:

- ¼ tsp turmeric, plus any other unsalted herbs & spices you enjoy



For optimal liver health, choose Ceylon cinnamon over cassia cinnamon, which contains hepatotoxic compound coumarin. In the United States, anything simply labeled "cinnamon" is probably cassia, since it's cheaper.

Nuts & Seeds



1 serving / day



Almonds, Brazil nuts, cashews, chia seeds, hazelnuts, hemp seeds, macadamia nuts, peanuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts.

Serving examples:

- ½ cup oatmeal, hot cereal, cooked grains, pasta or corn kernels
- ½ bagel or English muffin (whole grain)
- 1 cup ready-to-eat cold cereal
- 1 tortilla or slice of bread
- 3 cups air-popped popcorn (excellent snack!)



Check the nutrition label, because not everything marketed as 'whole grain' is up to snuff!

Excellent whole grain products (e.g. bread, pasta) should have at least 1g of fiber per 5g carbohydrates on the nutrition label (e.g. at least 5g of fiber per 25g carbs).



Yes, popcorn is really 100% whole grain!

The popped hull of the corn kernel is a great source of fiber and nutrients. Unfortunately, lots of added butter, sugar, salt or artificial additives in most processed popcorn rapidly cancels out the health benefits. Try using your own spices & seasonings to make a nutritious, delicious, low calorie & high volume whole grain snack!

Herbs & Spices

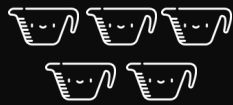


1+ serving / day



Allspice, barberries, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, smoked paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, turmeric, vanilla, etc.

Hydration



5+ servings / day



Water, seltzer water, black tea, chai tea, chamomile tea, coffee, earl grey tea, green tea, hibiscus tea, hot chocolate, jasmine tea, lemon balm tea, matcha tea, oolong tea, peppermint tea, rooibos tea, white tea, etc.

Serving examples:

- 90 minute moderate activity (e.g. brisk walking)
- 40 minute vigorous activity (e.g. jogging, sports, climbing)



Multiple studies showed that exercise before a meal burned off more fat than after a meal. Same amount of exercise, more fat loss because of exercising during a 'fasted state' - at least six hours after your last meal (for nondiabetics; please talk to your doctor otherwise).



In a comparative study, exercise worked about as well as a leading antidepressant drug for improving depressive symptoms! Your mental well-being is worth it ♥

Serving examples:

- 12 oz. water, tea or coffee

Matcha, green tea, white tea, and hibiscus tea are especially nutritious and health-promoting.



The theanine in green tea has been shown to dramatically increase Alpha wave brain activity: fully alert and focused, yet calm. § Other potential side effects of daily tea consumption include less cancer risk and living a significantly longer life!

Exercise



1+ serving / day



Backpacking, bicycling, canoeing, dancing, dodgeball, skiing, fencing, football, hiking, hockey, housework, ice-skating, in-line skating, juggling, jumping on a trampoline, jogging, jumping rope, kayaking, lacrosse, paddle boating, playing Frisbee, push-ups and pull-ups, rock climbing, roller-skating, rugby, running, basketball, scuba diving, skateboarding, snorkeling, soccer, squash, step aerobics, surfing, swimming, walking, weight training, yard work, yoga, etc.



Plus three essential nutrients to keep in mind

(The foods above cover our key vitamins & minerals - that's the point! The ones on the next page are simply the easiest to miss out on, so worth noting specifically)



Iodine

Iodine is a critical mineral for proper thyroid function & hormonal regulation. ✓

Choose your favorite from the best sources:

- Nori seaweed (~2 sheets/day).
- Arame or dulce seaweed (~½ tsp/day)
- Iodized salt (not most sea salt)
- 150mcg daily iodine supplement

👉 Notes:

- It's possible to eat too much iodine per day, such as >15 nori sheets or >1 tbsp arame/dulce daily.
- Avoid hijiki seaweed, which can contain dangerous levels of arsenic
- Avoid kelp (also known as kombu), which has so much iodine that ½ tsp a day can exceed daily safe levels and impact the thyroid gland.



Vitamin B12:

Sufficient B12 is essential for a healthy brain and nervous system.

Recommended:

- At least 2,000 mcg (µg) supplemental cyanocobalamin per week.

OR

- B12-fortified foods (such as nutritional yeast) at each meal - adding up to at least 190% B12 daily value on the label, 3x/day.

👉 Notes:

- Those >65 years old are recommended to take at least 1,000 mcg (µg) cyanocobalamin daily.
- Supplemental B12 is ideally taken as a chewable, sublingual, or liquid cyanocobalamin supplement on an empty stomach



Vitamin D:

Nearly half of Americans are deficient in vitamin D - let's change that!

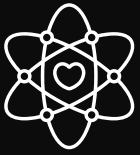
Best obtained from:

- 15-30 minutes of bright midday sun ☀️ (this may be very hard during the Winter, on cloudy days, and/or at certain latitudes)
- 2,000 IU daily supplemental vitamin D3

👉 Notes:

- Supplemental vitamin D is best taken early in the day, because taking it late in the day may interfere with restful sleep.
- Vitamin D3 appears superior to vitamin D2 from research to-date.





*An exception for sprout healthiness is alfalfa sprouts, which the FDA & CDC recommend not eating raw due to heightened risk of foodborne illness. This is specifically for alfalfa sprouts (even homegrown ones) due to known risk of microbial contamination. Big, extra-healthy green light for other kinds of sprouts: lentil sprouts, chickpea sprouts, broccoli sprouts and so on!

†Oxalate caution is also warranted for rhubarb, chaga mushroom, powdered instant tea, starfruit, and more than a cup a day of almonds or cashews.

§ A. C. Nobre, A. Rao, and G. N. Owen. L-theanine, a natural constituent in tea, and its effect on mental state. *Asia Pac J Clin Nutr*, 17(suppl - 1):167-168, 2008.

‡Sulforaphane is a compound found to have anti-cancerous properties and numerous other health benefits. It's formed similar to a chemical flare reaction: by the mixing of the enzyme myrosinase with a precursor compound (found inside crucifers) upon cutting or chewing. However, cooking or freezing deactivates the enzyme myrosinase and thus stops the formation from happening - e.g. why it's best to eat frozen broccoli with a bit of fresh crucifer like mustard in order to add back in working myrosinase enzyme.

**Two such studies:

Whitehead RD, Coetzee V, Ozakinci G, Perrett DI. Cross-cultural effects of fruit and vegetable consumption on skin color. *Am J Public Health*. 2012;102(2):212-3.

Stephen ID, Law Smith MJ, Stirrat MR, Perrett DI. Facial skin coloration affects perceived health of human faces. *Int J Primatol*. 2009;30(6):845-57.



For more information, questions & sources on other facts presented in this graphic:

- www.nutritionfacts.org
(nonprofit organization & public service)
- www.eatdivine.com/science
(evidence-based nutrition made simple)



†† Often, the more vivid the color of the food, the higher its antioxidant level because the antioxidants themselves are brightly pigmented - such as polyphenols or carotenes. For example: purple potatoes and sweet potatoes are relatively more nutritious than white or yellow potatoes, and likewise purple cabbage is significantly more nutritious than green cabbage. Color does not always convey nutritional value however - for example, drab-looking white mushrooms contain myconutrients not found in the entire plant kingdom!

‡‡ Research has revealed concerning levels of arsenic in many varieties of rice: a daily half-cup of cooked rice can carry a hundred times an 'acceptable cancer risk' increase due to arsenic. Arsenic is a class I carcinogen, the highest class of things known to cause cancer in humans alongside asbestos, cigarette smoke, etc. Arsenic can also impair our immune function and increase our risk of heart disease and diabetes, so overall it's best to steer clear wherever we can! This means that moderating rice intake may be wise whenever another grain can be substituted. If you love rice and can't bear to part with it, nutritionfacts.org has many articles about choosing the best varieties of rice and methods of preparation in order to minimize arsenic burden. Arsenic contamination is why rice (even brown rice) isn't included on the list of whole grains.

