

Dr Greger's Daily Dozen Checklist



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	Beans ¼ c hummus, ½ c beans, lentils, 1 c peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Berries ½ c dried, ½ c fresh/frozen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Other Fruit ½ c dried, 1 c cut, 1 medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Cruciferous ½ c cooked, 1 c raw broccoli, kale, cauliflower, asparagus, cabbage, brussels sprouts, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Greens ½ c cooked, 1 c raw kale, spinach, arugula, leaf lettuce, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Other Veg ½ c raw/cooked non-leafy, 1 c raw leafy, ½ c unsalted veg juice, ¼ c dried mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Flaxseed 1 Tbsp ground	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Nuts ½ c nuts, seeds, 1 Tbsp nut butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Spices ¼ tsp turmeric, other salt-free spices & herbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Whole Grains ½ c oatmeal, 1 c cold cereal, 1 tortilla, piece bread, ½ bagel, 3 c popcorn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Beverages 12 ounces, water, tea, coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Exercise 90 min walking, etc, or 45 min vigorous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>