The Daily Dozen

Beans 🍼
Baked beans, soyabees, chickpeas, peas, kidney beans, lentils, tofu, or hummus etc.

Berries 🍊
Grapes, raisins, blackberries, blueberries, cherries, raspberries and strawberries etc.

Other Fruits 🍊🍊🍊🍊
Apples, tomatoes, avocados, bananas, oranges, grapefruit, melon, lemons, or limes etc.

Cruciferous Vegetables 🍃
Broccoli, cauliflower, kale, rocket/arugula, or brussels sprouts etc.

Greens 🌿🌿
Spring greens, kale, young salad greens, rocket/arugula, spinach, or swiss chard etc.

Other Vegetables 🍃🌿
Carrots, sweetcorn, courgettes, garlic, mushrooms, onions, pumpkin, or sweet potatoes etc.

Flaxseeds 🍃
One tablespoon a day is enough

Nuts & Seeds 🍃
Peanut, almond, brazil, walnuts and sunflower or pumpkin seeds etc.

Spices 🍃
A quarter of a teaspoon of turmeric, plus any others you love

Whole Grains 🍃🌿🌿
Brown rice, wild rice, quinoa, oats, or whole-wheat pasta etc.

Drinks 🍃🌿🌿🌿🌿
Water, coffee, green tea, white tea, black tea, earl grey, hibiscus tea etc.

Exercise 🍃
Ideally 90 minutes a day of moderate activity, such as walking