

THE DAILY DOZEN

# BEANS

Baked beans, soybeans, 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**



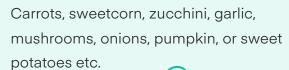
Broccoli, cauliflower, kale, rocket/arugula, or brussels sprouts etc.

# **GREENS**



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

# OTHER VEGETABLES



#### **NUTS & SEEDS**

Peanut, almond, Brazil, walnuts and sunflower or pumpkin seeds etc.



## FLAXSEEDS



One tablespoon a day is enough

#### **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