# 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**
Carrots, sweetcorn, courgettes, garlic, mushrooms, onions, pumpkin, or sweet potatoes etc.

**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

**Vitamin B12**
(Getting enough B12 from fortified foods is difficult so vegans should take a supplement daily)

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