

THE DAILY DOZEN

BEANS

Baked beans, soyabeans, 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



HOW TO USE THIS CHECKLIST

= number of servings

tick 'em off when you've eaten 'em, done 'em or drunk 'em

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

(THE VEGANUARY EXTRA)

Getting enough B12 from fortified foods is difficult so vegans should take a supplement daily