

THE DAILY DOZEN

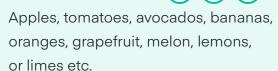
BEANS

Baked beans, soyabeans, chickpeas, peas, kidney beans, lentils, tofu, or hummus etc.

BERRIES

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

OTHER FRUITS



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



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

'Daily Dozen' used by permission from Dr Michael Greger How Not To Die (Macmillan 2016)