

# 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

## SUPPLEMENTS

### (THE VEGANUARY EXTRA)

Getting enough of these nutrients from fortified foods is challenging, so Veganuary recommends taking the following supplements daily.

- Vitamin B12
- Omega 3
- Iodine
- Vitamin D (October - March only)"

Find more information about serving sizes in our [blog](#).