



Breakdown written out for the Daily Dozen

Beans – 3 servings per day: 1 serving is = to 6g of hummus or bean dip, 130g of cooked beans, split peas, lentil tofu or tempeh Black, butter, cannellini, chickpeas, edamame, English peas, garbanzo, kidney, great northern, kidney, lentils, miso, navy, pinto, red, split peas, tempeh

Berries- 1 servings per day: 1 serving is = 60g fresh or frozen, 40g dried Acai, barberries, black, blue, cherries, concord grapes, cranberries, goji, kumquats, mulberries, raspberries, strawberries

Other Fruits- 3 servings per day: 1 serving is = 1 medium sized fruit, 120g cut up fruit, 40g dried Apples, dried apricots, avocados, bananas, cantaloupe, clementine, dates, dried figs, grapefruit, honeydew, kiwifruit, lemons, limes, lychees, mangos, nectarines, oranges, papaya, passion fruit, peaches, pears, pineapple, pluots, pomegranates, prunes, tangerines, watermelon
Cruciferous

Vegetables-1 servings per day: 1 serving is = 30-80g chopped, 12g Brussel sprouts or broccoli, 1 tbl horseradish Kale, arugula, bok choy, broccoli, Brussel sprouts, cabbage, cauliflower, collard greens, horseradish, kale, mustard greens, radishes, turnips, watercress Greens-2 servings per day 1 serving is = 60g raw, 90g cooked Arugula, beet greens collard greens, kale, mesclun mix, mustard greens, sorrel, spinach, swiss chard, turnip greens

Other Vegetables-2 servings per day: 1 serving is = 60g raw leafy, 50 g raw or cooked non leafy, 125ml vegetable juice, 7g Artichokes, asparagus, beets, bell peppers, carrots, corn, garlic, mushrooms, okra, onions, pumpkin, purple potatoes, sea vegetables, snap peas, squash, sweet potatoes, tomatoes, zucchini

Flaxseeds -1 servings per day: 1 serving is = 1 tablespoon ground Nuts -1 servings per day 1 serving is = 30g nuts or seeds, 2 tablespoons nut or seed butter Almonds, trail, cashews, chia seeds, hazelnuts, hemp seeds, macadamia nuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

Spices- 1 servings per day 1 serving is = ¼ teaspoon Allspice, barberries, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill fenugreek, garlic, ginger, horseradish, lemon grass, marjoram, mustard powder, nutmeg, oregano, parsley, pepper, peppermint, rosemary, saffron, sage, smoke paprika, thyme ,turmeric, vanilla

Whole Grains-3 servings per day 1 serving is =100g hot cereal or cooked grains, pasts or corn, 50 g cold cereal, 1 tortilla or slice of bread, ½ bagel, 30grams of popped corn. Barley, brown rice, buckwheat, millet, oats, whole-wheat pasta, popcorn, quinoa, rye, teff, wild rice

Beverages- 5 servings a day -one glass (350ml)- =1 servings Black tea, chai tea, vanilla chamomile tea, coffee, earl gray, green, hibiscus, jasmine, lemon balm, matcha almond blossom oolong. Peppermint, rooibos, white- tea or water

Exercise- 1 time per day- 30 mins - 5x a week or 90 minutes of moderate –intensity activity or 40min of vigorous 3-5x a week.