

Daily Dozen Checklist

The Daily Dozen is a simple, whole-food-focused guide designed to help you eat a wide variety of nutrient-rich foods each day. By following these 12 categories, you naturally support energy, digestion, immunity, and overall well-being.

1. Beans & Legumes – 3 servings (1 ½ cups)

- ☐ Lentils, chickpeas, black beans, kidney beans, navy beans, pinto beans, edamame, split peas

2. Berries – 1 serving (½ cup)

- ☐ Blueberries, strawberries, raspberries, blackberries, goji berries, unsweetened cranberries

3. Other Fruits – 3 servings (1.5 cups)

- ☐ Apples, oranges, bananas, pears, grapes, kiwi, peaches, plums, mango, melon

4. Cruciferous Vegetables – 1 serving (½ cup)

- ☐ Broccoli, cauliflower, Brussels sprouts, cabbage, bok choy, kale, radish

5. Greens – 2 servings (2 cups raw)

- ☐ Spinach, kale, collard greens, arugula, romaine, mustard greens, Swiss chard

6. Other Vegetables – 2 servings (1 cup)

- ☐ Carrots, bell peppers, zucchini, tomatoes, cucumber, mushrooms, asparagus, eggplant

7. Whole Grains – 3 servings (1 ½ cups)

- ☐ Oats, brown rice, quinoa, whole wheat bread/pasta, barley, millet, buckwheat, farro

8. Nuts – 1 serving (¼ cup)

- ☐ Almonds, walnuts, cashews, pistachios, pecans, macadamia nuts

9. Seeds – 1 serving (1 tbs)

- ☐ Chia, flax, pumpkin, sunflower, sesame, hemp seeds

10. Herbs & Spices – add liberally

- ☐ Garlic, turmeric, basil, rosemary, oregano, thyme, cinnamon, ginger, parsley

11. Beverages – 5 cups water + optional tea/coffee

- ☐ Water: ____ cups

- ☐ Tea: ____ cups

12. Exercise & Mindfulness

- ☐ 30–60 min movement (walk, stretching, strength, cycling)

- ☐ 5–10 min deep breathing, journaling, or prayer

*Daily Dozen created by Dr. Michael Greger, MD, based on research on disease prevention and longevity.