

Daily Dozen Checklist



To ensure that you get all the foods you need and follow a healthy daily regimen, print out this checklist...

- 1. Beans**
- 2. Berries**
- 3. Other fruits**
- 4. Cruciferous vegetables**
- 5. Greens**
- 6. Other vegetables**
- 7. Flaxseeds**
- 8. Nuts**
- 9. Spices**
- 10. Whole grains**
- 11. Healthy beverages**
- 12. Exercise**

Adapted from *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease* (Flatiron Books) © 2015.

Source: Michael Greger, MD, FACLM, is the founder of the website NutritionFacts.org and author of *How Not to Die: The Groundbreaking Science of Healthy, Permanent Weight Loss* and *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease*.