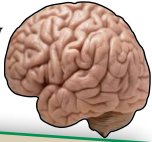




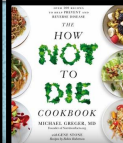
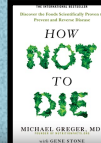
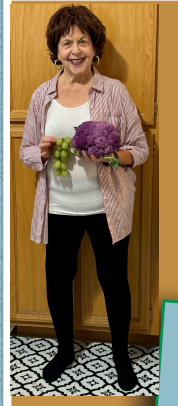
Dr. Greger's Daily Dozen to Prevent and Reverse Disease!

By: *Jan Fair / A No-Brainer Minute*

As we begin the "eating" holidays, let's look at groundbreaking science on how plant-based food choices might save your life, from **Michael Greger, M.D.'s** book, *How Not to Die: Discover the Foods Scientifically Proven to Prevent & Reverse Disease*.



Daily Dozen	Daily Recommend	Servings	Serving sizes
1. Beans	3	1 c. cooked beans or fresh peas or ...	
2. Berries	1	1/2 c. fresh or frozen or 1/4 c. dried or ...	
3. Other Fruits	3	1 medium-sized fruit or 1/4 c. dried or ...	
4. Cruciferous Vegetables	1	1/2 c. broccoli (brussel sprouts, cabbage, cauliflower, kale) or 1 T. horseradish ...	
5. Greens	2	1 c. raw or 1/2 c. cooked greens	
6. Other Vegetables	2	1 c. raw leafy veggies or 1/2 c. juice or 1/2 c. raw or cooked non-leafy veggies	
7. Flaxseeds	1	1 Tablespoon ground flaxseeds	
8. Nuts & Seeds	1	1/4 cup or 2 T. nut or seed butter ...	
9. Herbs & Spices	1	1/4 t. of turmeric + other salt-free spice	
10. Whole Grains	3	1 c. cereal or 3 c. popped corn or ...	
11. Beverages	5	1 12 ounce glass water or tea or ...	
12. Exercise	1	90 min. moderate activity or 40 min. vigorous activity	



Mental Minutes

"Daily Dozen"

1. In one minute, name foods associated with Dr. Greger's "Daily Dozen".
2. Make an **alphabetical** list. All fruits and vegetables, Blackberries, Collard greens, ...

A No-Brainer Pick

How Not to Die Cookbook: 100+ Recipes to Help Prevent & Reverse Disease

by
Michael Greger, M.D. & Gene Stone

Jan Fair is a writer, consultant & public speaker who has published over 40 books PLUS the *No-Brainer Brain Games* series. Sign up for her FREE newsletter at www.JanFair.com

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