

MY DAILY HEALTH HABITS:

The following chart is based on Michael Greger’s “Daily Dozen,” as explained in his best-selling book, *How Not to Die*.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
eat 1 serving beans																															
beans																															
beans																															
eat 1 serving berries																															
eat 1 other fruit																															
other fruit																															
other fruit																															
cruciferous veggie																															
eat greens																															
other veggie																															
other veggie																															
flaxseed – 1 Tbsp																															
nuts – ¼ cup																															
turmeric – ¼ tsp																															
eat whole grains																															
whole grains																															
whole grains																															
12 oz water																															
water																															
water																															
water																															
water																															
exercise																															

1 serving beans = ¼ cup hummus or ½ cup cooked beans

1 serving berries = ½ cup fresh or frozen or ¼ cup dried

1 serving fruit = 1 medium whole fruit or ½ cup chopped or ¼ cup dried

1 serving veggies or greens = 1 cup raw or ½ cup cooked or ½ cup juice

1 serving nuts = ¼ cup nuts/seeds or 2 tablespoons nut butter

1 serving grain = 3 cups popcorn, 1 slice bread, 1 cup cold or ½ cup hot cereal