

# The Daily Dozen



## Beans

Baked beans, soyabeans, chickpeas, peas, kidney beans, lentils, tofu, or hummus etc.

## Berries

Grapes, raisins, blackberries, blueberries, cherries, raspberries and strawberries etc.

## Other Fruits

Apples, tomatoes, avocados, bananas, oranges, grapefruit, melon, lemons, or limes etc.

## Cruciferous Vegetables

Broccoli, cauliflower, kale, rocket/arugula, or brussels sprouts etc.

## Greens

Spring greens, kale, young salad greens, rocket/arugula, spinach, or swiss chard etc.

## Other Vegetables

Carrots, sweetcorn, courgettes, garlic, mushrooms, onions, pumpkin, or sweet potatoes etc.

## Flaxseeds

One tablespoon a day is enough

## Nuts & Seeds

Peanut, almond, brazil, walnuts and sunflower or pumpkin seeds etc.

## Spices

A quarter of a teaspoon of turmeric, plus any others you love

## Whole Grains



Brown rice, wild rice, quinoa, oats, or whole-wheat pasta etc.

## Drinks

Water, coffee, green tea, white tea, black tea, earl grey, hibiscus tea etc.

## Exercise

Ideally 90 minutes a day of moderate activity, such as walking

 = one serving  
 tick 'em off when you've eaten 'em, done 'em or drunk 'em