

THE DAILY DOZEN

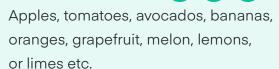
# BEANS OO

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

# **BERRIES**

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

## **OTHER FRUITS**



### **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.

# **NUTS & SEEDS**



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

# **FLAXSEEDS**



One tablespoon a day is enough

# HOW TO USE THIS CHECKLIST

= number of servings

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

### **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

### **SUPPLEMENTS**



#### (THE VEGANUARY EXTRA)

Getting enough of these nutrients from fortified foods is challenging, so Veganuary recommends taking the following supplements daily.

- Vitamin B12
- Omega 3
- Iodine
- Vitamin D (October March only)"

Find more information about serving sizes in our blog.