

# HEALTH AND NUTRITION ADVICE FROM – DR. MICHEAL GREGER, MD

**Books:** [How Not to Die](#) | [How Not to Diet](#)  
**Cookbooks:** [How Not to Die Cookbook](#) | [How Not to Diet Cookbook](#)  
**Videos:** [Food As Medicine](#) (Feb. 2018) | [The Plant-Based Diet](#) (Oct. 2019)  
**Website:** [NutritionFacts.org](#) (2000+ free videos, articles, on a variety of nutrition and health topics)  
**App:** **Daily Dozen** (helps you daily track your Daily Dozen Foods, plus 21 Tweaks)

**Quotes:** “The goal of weight loss is not to fit in a skinnier casket”  
“The human body is a self-healing machine – unless we’re poking it 3x a day with a fork.”

**His Inspiration:** His 65-year-old grandma, **Frances Greger**, being diagnosed with terminal heart disease – then attending Nathan Pritikin’s program for 3 weeks to heal through nutrition – thereafter living another 31 years.



## Food Options: Harmful, Harmless, or Helpful?

### MAXIMIZE: Green-light foods

Unprocessed plant foods  
(vegetables, fruits, legumes, nuts, seeds, whole grains)

### MINIMIZE: Yellow-light foods

Processed plant foods; unprocessed animal foods

### AVOID: Red-light foods

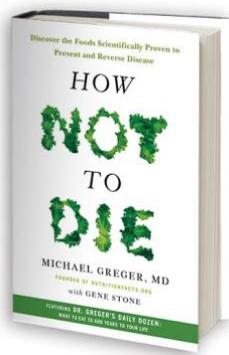
Ultra-processed plant foods; animal foods

**Daily Dozen:** (The healthiest of healthy foods. Click on the links to see more info/videos on each subject.)

<a href="#">Berries</a>	(1 serving daily)	(fresh/frozen/dried – cherry, berry, grapes)
<a href="#">Other Fruits</a>	(3 servings daily)	(citrus, melons, tropical, lemon/lime, apple/pear, banana, etc)
<a href="#">Greens</a>	(2 servings daily)	(mesclun, kale, spinach, arugula, beet, chard, etc)
<a href="#">Cruciferous</a>	(1 serving daily)	(broc, caul, brus, kale, bok choy, cabbage, radish, collards, etc)
<a href="#">Other Veg’s</a>	(2 servings daily)	(beet, carrot, artichoke, onion, pepper, squash, seaweed, yam, etc)
<a href="#">Beans</a>	(3 servings daily)	(hummus, bean dip, fresh peas, cookd beans/peas/lentils/tempeh)
<a href="#">Nuts &amp; Seeds</a>	(1 serving daily)	(almonds, cashews, pecans, chia, sunflower seeds, nut butters, etc)
<a href="#">Flax Seeds</a>	(1 serving daily)	(1 TB ground – lowers blood pressure; highest omega 3’s)
<a href="#">Whole Grains</a>	(3 servings daily)	(hot/cold cereal; bread/tortilla; popcorn; ww pasta, millet, etc)
<a href="#">Beverages</a>	(5 servings daily)	(water, herb tea – plus water from daily water-rich foods)
<a href="#">Herbs/Spices</a>	(1 serving daily)	(highest antioxidant levels – turmeric, ginger, cinnamon, etc)
<a href="#">Exercise</a>	(1x daily)	(90 min moderate intensity, or 40 min high intensity)

You can download the free “Daily Dozen” app, to daily checklist these items as you eat them.

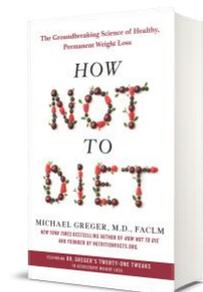
# Whole Food, Plant-Based Diet = How Not to Die From Our Top 15 Killers



Heart Disease – Lung Diseases – Brain Diseases – Digestive Cancers  
 – Infections – Diabetes – High Blood Pressure – Liver Diseases –  
 Blood Cancers – Kidney Disease – Breast Cancer – Suicidal Depression  
 – Prostate Cancer – Parkinson’s Disease – Iatrogenic Causes

**Insights:** We’re in the midst of an “evidence-based nutrition revolution.”  
 “Moderation” is simply poking yourself multiple times a day with a  
 somewhat smaller fork.  
 Don’t wait for the medical industry to catch up with science.  
 Engage in “first-person medicine” – *you* taking care of you.

**Tips:** Choose the most brightly colored produce – it has the most nutrients  
 (eg, purple cabbage; purple or orange potatoes; deep green lettuce, rather than white)  
 Use the Daily Dozen to ask “How can I make this healthy meal even healthier?”  
 (adding flaxseed to oatmeal, beans to a vegetable salad, etc.)



## 5 Major Categories of Whole Plant Food:

Vegetables – Fruits – Beans – Whole Grains – Nuts

## 21 Qualities of Optimal Food for Health and Weight Loss

Choose Food That Is:	Food That is High In:	Food That is Low In:
Anti-Inflammatory Clean Nutritionally Complete Microbiome Friendly  Satiating Sustainable Safe Life Extending	Fiber-Rich Foods Water-Rich Foods  Fruits and Vegetables Legumes	Glycemic Load Added Fat Added Sugar Addictive Foods  Calorie Density Meat Refined Grains Salt Insulin Index

Greger refers to these as “Ingredients For the Ideal Weight-Loss Diet,”  
 and suggests they be used to **assess individual foods, food categories, and overall food plans and diets.**

He observes that these are the same qualities that make foods **disease-preventing and disease-reversing;**  
**whereas the lack of these qualities make foods and diets disease-promoting, as well as fat-accelerating.**

***The same foods that offer disease protection are the best foods for weight loss and maintenance over time!***

In short: **A whole-foods, plant-based diet is best BOTH for health protection and for weight control.**