DFN Daily Lifestyle Habits

Beans
At least 3 servings per day
One serving is ½ cup of cooked or canned beans
e.g. lentils, kidney beans, chickpeas, black beans, peas

Cruciferous vegetables and leafy greens
At least 3 servings per day
One serving is one standard cup (250 ml)
e.g. broccoli, cauliflower, cabbage, kale, brussels sprouts, spinach, rocket, lettuce

Vegetables
At least 5 servings per day, fresh or frozen
Examples of one serving:
½ cup sweet corn, ½ medium potato or other starchy vegetables (sweet potato, taro or cassava), 1 medium tomato

Fruit
At least 3 servings per day
One serving is one piece medium-sized fruit
e.g. apples, oranges, pears, kiwifruit
+ at least 1 serving of berries
¼ cup fresh/frozen e.g. blueberries, raspberries

Whole grains
At least 3 servings per day
Examples of one serving:
½ cup cooked brown rice, quinoa, pulse pasta
¼ cup oats or muesli

Spices
At least 1 serving (¼ teaspoon) per day
Black pepper, cinnamon, cumin, paprika, chilli powder, ground ginger, cloves, nutmeg, turmeric (add black pepper with turmeric to increase bioavailability)

Seeds
1 serving per day
One serving is 1 tablespoon
e.g. flaxseed, chia seed or hemp seed (ideally ground)

Whole nuts
1 serving (¼ cup or small handful) per day
e.g. walnuts, almonds, cashews
Nuts are high in fat. Those seeking to improve conditions such as high cholesterol or diabetes may need to limit or avoid them.

Water
Aim for:
Women: 8 cups ~ 2.1 litres
Men: 10 cups ~ 2.6 litres

Restorative sleep
7-9 quality hours at regular times
Ideally going to bed before 10pm

Daily movement
30-45 minutes per day with enough exertion that you feel slightly out of breath or at a pace where it is slightly difficult to keep up a conversation.

Stress management
Stress management can be achieved by:
- Reducing exposure to a stressor
- Practicing techniques that alleviate stress

At least 10 minutes daily e.g. deep breathing, meditation, gratitude, yoga

Social connection
Ideally, at least one daily in-person connection with someone who has a positive impact on your life. Share a hug, a meal, or a walk. Alternatively call, text or check in on someone you care about.

Avoidance of risky substances
Make a daily conscious choice to avoid or reduce tobacco, vapes, recreational drugs, and alcohol. *Reach out to a healthcare provider or support group for support, if needed.*

B12 supplementation
2,500mcg cyanocobalamin once per week.

Vitamin D - Get your levels checked regularly by your doctor & supplement if needed

Oil - We recommend minimising or avoiding added oils because they are highly processed, calorie-dense, and less nutritious than whole plant foods. High intake is linked to inflammation and heart disease risk; instead, use whole food sources of fat and cook with water or broth.

www.doctorsfornutrition.org

DFN Daily Lifestyle Habits Checklist

Beans ☐ ☐ ☐

Fruit (+ 1 serve berries) ☐ ☐ ☐ ☐ + ☐

Raw Veg/Leafy Greens ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐

Seeds ☐

Whole grains ☐ ☐ ☐

Spices ☐

Water: _____ cups ☐

Daily movement: _____ mins ☐

Sleep: _____ hours ☐

Stress management ☐

Connection ☐

Risky substances I avoided/reduced: ☐

_____

Visit our website for whole food plant-based information resources, courses and more!

www.doctorsfornutrition.org

DFN Daily Lifestyle Habits Checklist

DOCTORS FOR NUTRITION

Monday

- **Beans** ☐☐☐
- **Fruit** (+ 1 serve berries) ☐☐☐☐ + ☐
- **Raw Veg/Leafy Greens** ☐☐☐
- **Vegetables** ☐☐☐☐☐
- **Seeds** ☐
- **Whole grains** ☐☐☐
- **Spices** ☐
- **Water:** _____ cups ☐
- **Daily movement:** _____ mins ☐
- **Sleep:** _____ hours ☐
- **Stress management** ☐
- **Connection** ☐
- **Risky substances:** I avoided/reduced: ☐

_____

Tuesday

- **Beans** ☐☐☐
- **Fruit** (+ 1 serve berries) ☐☐☐☐ + ☐
- **Raw Veg/Leafy Greens** ☐☐☐
- **Vegetables** ☐☐☐☐☐
- **Seeds** ☐
- **Whole grains** ☐☐☐
- **Spices** ☐
- **Water:** _____ cups ☐
- **Daily movement:** _____ mins ☐
- **Sleep:** _____ hours ☐
- **Stress management** ☐
- **Connection** ☐
- **Risky substances:** I avoided/reduced: ☐

_____

Wednesday

- **Beans** ☐☐☐
- **Fruit** (+ 1 serve berries) ☐☐☐☐ + ☐
- **Raw Veg/Leafy Greens** ☐☐☐
- **Vegetables** ☐☐☐☐☐
- **Seeds** ☐
- **Whole grains** ☐☐☐
- **Spices** ☐
- **Water:** _____ cups ☐
- **Daily movement:** _____ mins ☐
- **Sleep:** _____ hours ☐
- **Stress management** ☐
- **Connection** ☐
- **Risky substances:** I avoided/reduced: ☐

_____

Thursday

- **Beans** ☐☐☐
- **Fruit** (+ 1 serve berries) ☐☐☐☐ + ☐
- **Raw Veg/Leafy Greens** ☐☐☐
- **Vegetables** ☐☐☐☐☐
- **Seeds** ☐
- **Whole grains** ☐☐☐
- **Spices** ☐
- **Water:** _____ cups ☐
- **Daily movement:** _____ mins ☐
- **Sleep:** _____ hours ☐
- **Stress management** ☐
- **Connection** ☐
- **Risky substances:** I avoided/reduced: ☐

_____

Friday

- **Beans** ☐☐☐
- **Fruit** (+ 1 serve berries) ☐☐☐☐ + ☐
- **Raw Veg/Leafy Greens** ☐☐☐
- **Vegetables** ☐☐☐☐☐
- **Seeds** ☐
- **Whole grains** ☐☐☐
- **Spices** ☐
- **Water:** _____ cups ☐
- **Daily movement:** _____ mins ☐
- **Sleep:** _____ hours ☐
- **Stress management** ☐
- **Connection** ☐
- **Risky substances:** I avoided/reduced: ☐

_____

Saturday

- **Beans** ☐☐☐
- **Fruit** (+ 1 serve berries) ☐☐☐☐ + ☐
- **Raw Veg/Leafy Greens** ☐☐☐
- **Vegetables** ☐☐☐☐☐
- **Seeds** ☐
- **Whole grains** ☐☐☐
- **Spices** ☐
- **Water:** _____ cups ☐
- **Daily movement:** _____ mins ☐
- **Sleep:** _____ hours ☐
- **Stress management** ☐
- **Connection** ☐
- **Risky substances:** I avoided/reduced: ☐

_____

Sunday

- **Beans** ☐☐☐
- **Fruit** (+ 1 serve berries) ☐☐☐☐ + ☐
- **Raw Veg/Leafy Greens** ☐☐☐
- **Vegetables** ☐☐☐☐☐
- **Seeds** ☐
- **Whole grains** ☐☐☐
- **Spices** ☐
- **Water:** _____ cups ☐
- **Daily movement:** _____ mins ☐
- **Sleep:** _____ hours ☐
- **Stress management** ☐
- **Connection** ☐
- **Risky substances:** I avoided/reduced: ☐

_____

Visit our website for whole food plant-based information resources, courses and more!

www.doctorsfornutrition.org