

# 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**

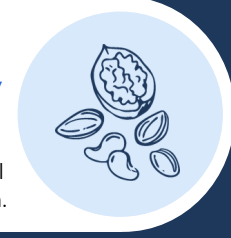
Black pepper, cinnamon, cumin, paprika, chilli powder, ginger, cloves, nutmeg, turmeric (add black pepper with turmeric to increase bioavailability)



## 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 to 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.

**Salt/Sodium**  
Keep salt to a minimum, and when choosing packaged foods aim for no more than 100 mg of sodium per 100 grams of food.

**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.

# DFN Daily Lifestyle Habits Checklist

<b>Beans</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<b>Fruit</b> (+ 1 serve berries)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+	<input type="checkbox"/>
<b>Raw Veg/Leafy Greens</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<b>Vegetables</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Seeds</b>			<input type="checkbox"/>		
<b>Whole grains</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<b>Spices</b>			<input type="checkbox"/>		
<b>Water:</b> _____ cups			<input type="checkbox"/>		
<b>Daily movement:</b> _____ mins			<input type="checkbox"/>		
<b>Sleep:</b> _____ hours			<input type="checkbox"/>		
<b>Stress management</b>			<input type="checkbox"/>		
<b>Connection</b>			<input type="checkbox"/>		
<b>Risky substances</b> I avoided/reduced:			<input type="checkbox"/>		
_____					

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[www.doctorsfornutrition.org](http://www.doctorsfornutrition.org)



# DFN Daily Lifestyle Habits Checklist



## 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:

\_\_\_\_\_

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