

# Dr. Greger's 2009 Optimum Nutrition Recommendations

The balance of scientific evidence suggests that the healthiest way to eat is a vitamin B12-fortified diet of whole plant foods. For optimum nutrition, be sure to include in your daily diet not only an array of whole grains, beans, nuts, seeds, fruit, and as many vegetables as you can eat, but also specifically dark green leafy vegetables, berries, and green (or white) tea. Attention should also be paid to these micronutrients:

## Vitamin B12

- At least 2000mcg (µg) once each week, ideally as a chewable, sublingual, or liquid supplement
  - or at least 100mcg daily of supplemental B12 (you needn't worry about taking too much)
  - or at least 2 servings daily (with a minimum of 6 hours between servings) of B12-fortified foods, each containing at least 20% "Daily Value" as listed on its label, such as a cup of fortified soy milk
- Tip: If experiencing deficiency symptoms, the best test is a urine MMA level (*not* serum B12 level)

## Omega-3 Fatty Acids

- 250mg daily of algae-derived DHA

## Vitamin D (daily recommendations for those in the Northern Hemisphere)

- Below approximately 30° latitude (south of Los Angeles/Dallas/Atlanta/Cairo)
  - 15-30 minutes of mid-day sun (15 for those with lighter skin; 30 for those with darker skin)
  - or 4,000 IU supplemental vitamin D
- Between 30° latitude (sample cities above) & 40° latitude (Portland/Chicago/Boston/Rome/Beijing)
  - From February through November
    - 15-30 minutes of mid-day sun (15 for those with lighter skin; 30 for those with darker skin)
    - or 4,000 IU supplemental vitamin D
  - From December through January
    - 4,000 IU supplemental vitamin D
- Between 40° latitude (sample cities above) & 50° latitude (Edmonton/London/Berlin/Moscow)
  - From March through October
    - 15-30 minutes of mid-day sun (15 for those with lighter skin; 30 for those with darker skin)
    - or 4,000 IU supplemental vitamin D
  - From November through February
    - 4,000 IU supplemental vitamin D
- Above approximately 50° latitude (north of Edmonton/London/Berlin/Moscow)
  - From April to September
    - 15-30 minutes of mid-day sun (15 for those with lighter skin; 30 for those with darker skin)
    - or 4,000 IU supplemental vitamin D
    - Tip: If above 60° latitude (Anchorage/Stockholm), this period may be shortened
  - From November through February
    - 4,000 IU supplemental vitamin D
    - Tip: If above 60° latitude (Anchorage/Stockholm), this period may be extended

## Calcium

- At least 600mg daily via calcium-rich plant foods—preferably low-oxalate dark green leafy vegetables, which includes all greens except spinach, chard, and beet greens (all very healthy foods, but not good calcium sources due to their oxalate content).

## Iodine

- For those who don't eat seaweed or use iodized salt, a 150mcg daily supplement
  - The sea vegetable hijiki (hiziki) should *not* be eaten due to high arsenic levels
  - Kelp should be avoided as it tends to have too much iodine

## Iron

- All menstruating women should increase their absorption by combining foods rich in iron and vitamin C at meals and should get checked for iron-deficiency anemia every few years
- Men should be checked for an iron overload disease before any attempt to increase intake

## Selenium

- Northern Europeans may need to take a supplement or eat about 20 Brazil nuts a month