# **Optimum Nutrition Recommendations**

Written By Michael Greger M.D. FACLM on September 12, 2011



Image Credit: Kristina DeMuth

#### Updated 2019

I go into specifics of the Daily Dozen foods I recommend in my video, Dr. Greger's Daily Dozen. And for a more thorough dive into the science on these foods, check out my NYT best selling book, How Not to Die. 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, we should be sure to include in our daily diet not

only an array of whole grains, beans, nuts, seeds, fruit, and as many vegetables as we can eat, but also specifically dark green leafy vegetables, berries, and white (or green) tea.

Attention should also be paid to these nutrients:

#### Vitamin B12 (see also Which type of vitamin B12 is best)

- At least 2,000 mcg (µg) cyanocobalamin once each week, ideally as a chewable, sublingual, or liquid supplement taken on an empty stomach
  - or at least 50 mcg daily of supplemental cyanocobalamin (you needn't worry about taking too much)
  - or servings of B12-fortified foods three times a day (at each meal), each containing at least 190% of the Daily Value listed on the nutrition facts label (based on the new labeling mandated to start January 1, 2020—the target is 4.5 mcg three times a day).
- Those over 65 years of age should take at least 1,000 mcg (μg) cyanocobalamin every day.
- Tip: If experiencing deficiency symptoms, the best test is a urine MMA (not serum B12 level)
- For more B12 info including doses for children, check out our infographic

#### **Omega-3 Fatty Acids**

 250 mg daily of pollutant free (yeast- or algae-derived) long-chain omega-3's (EPA/DHA)

<u>Vitamin D</u> (daily recommendations for those in the Northern Hemisphere; D3 from animal or plant sources may be preferable to the D2 sourced from fungi)

- Below approximately **30**°latitude (south of Los Angeles/Dallas/Atlanta/Cairo)
  - 15-30 minutes of midday sun (15 for those with lighter skin; 30 for those with darker skin)
  - o or 2,000 IU supplemental vitamin D

- Between 30° latitude (sample cities above) & 40° latitude (Chicago/Boston/Rome/Beijing)
  - From February through November
    - 15-30 minutes of midday sun (15 for those with lighter skin; 30 for those with darker skin)
    - or 2,000 IU supplemental vitamin D
  - From December through January
    - 2,000 IU supplemental vitamin D
- Between 40° latitude (sample cities above) & 50° latitude (Winnipeg/London/Berlin/Prague)
  - From March through October
    - 15-30 minutes of midday sun (15 for those with lighter skin; 30 for those with darker skin)
    - or 2,000 IU supplemental vitamin D
  - From November through February
    - 2,000 IU supplemental vitamin D
- Above approximately **50**°latitude (north of Winnipeg/London/Berlin/Prague)
  - From April through September (or even briefer above 60°latitude (Anchorage/Stockholm))
    - 15-30 minutes of midday sun (15 for those with lighter skin; 30 for those with darker skin)
    - or 2,000 IU supplemental vitamin D
  - From October through March (or even longer above 60° latitude (Anchorage/Stockholm))
    - 2,000 IU supplemental vitamin D

#### **Calcium**

 At least 600 mg 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).

#### **lodine**

- For those who don't eat seaweed or use iodized salt, a 150 mcg 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

#### <u>Iron</u>

- All menstruating women should increase their absorption by combining foods rich in iron and vitamin C at meals and should get checked for irondeficiency 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 a daily Brazil nut

#### -Michael Greger, M.D.



**Discuss** 

## Michael Greger M.D. FACLM

Michael Greger, M.D. FACLM, is a physician, New York Times bestselling author, and internationally recognized professional speaker on a number of important public health issues. Dr. Greger has lectured at the Conference on World Affairs,

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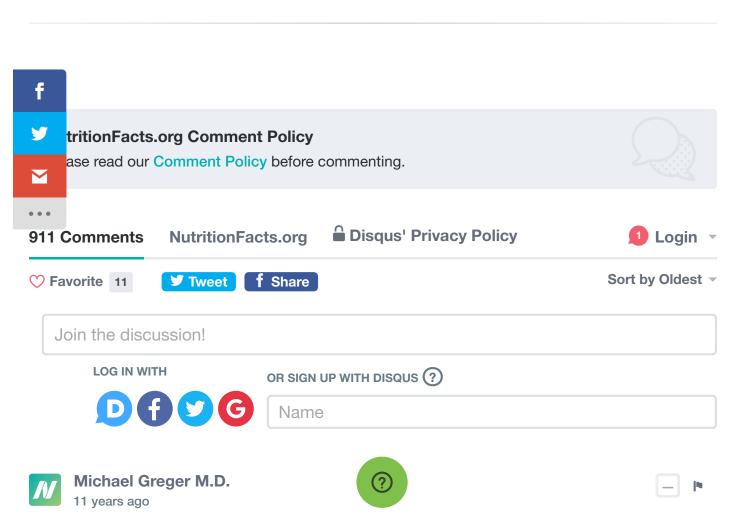
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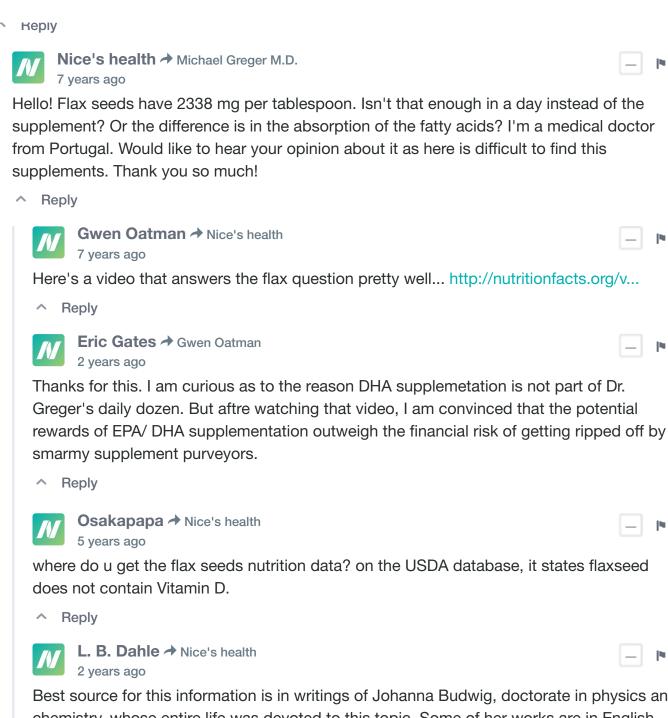
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defamation" trial.

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Please leave any questions you may have about these recommendations and I'd be happy to try and answer them.



Best source for this information is in writings of Johanna Budwig, doctorate in physics and chemistry, whose entire life was devoted to this topic. Some of her works are in English and the website for the Budwig Foundation is translated into multiple languages.

^ Reply



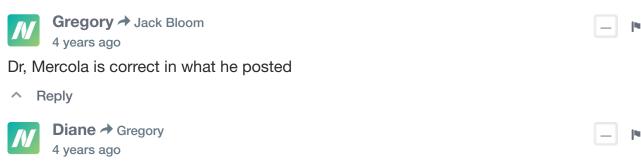
Hello Dr Greger: Your good friend, Dr. Mercola, has just posted (Sept 17, 2016) an article entitled:

The Case Against Veganism — Carefully Researched Book Spills the Beans -- I respectfully

think that you need to address this post as soon as possible, as many of your viewers are also viewers of Dr Mercola. Thanks, J. Bloom

You can find it here: http://articles.mercola.com...





I'm confused, doesn't this article by Dr Mercola say vegans can not thrive on this diet.he seems anti plant based to me, but Dr. Greger just replied he agrees with the article? am I missing something

^ Reply



Dr Mercola is not anti plant based. If you listen to him he tell you that you should get your nutrition from food, mostly raw vegetables. He is just not against grass fed beef. So yes, that is what you are missing. I hope I was able to help.

^ Reply



Someone named Gregory replied, not Dr. Greger. I doubt that Dr. Greger's views on nutrition align with those of Dr. Mercola. I really and sincerely doubt that Dr. Greger would support the consumption of any beef, grass fed or otherwise.

^ Reply

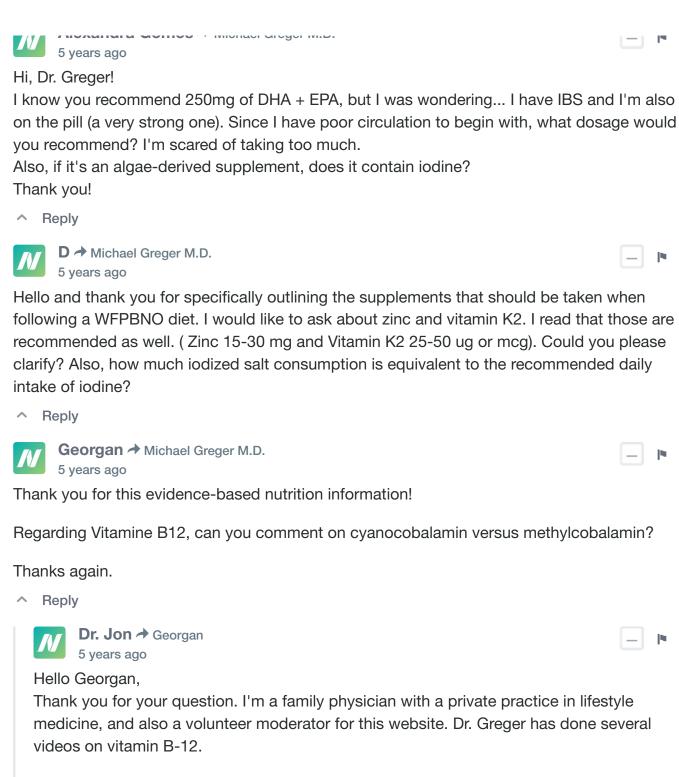


"Gregory" is not Dr. Michael Gregor.

^ Reply







Here are two that discuss why it's important to take B12 supplements, and also where in nature Vitamin B12 occurs:

https://nutritionfacts.org/... https://nutritionfacts.org/...

Here is the specific answer to your question, as to which type is best, by Dr. Greger, back in 11/2012:

https://nutritionfacts.org/...

I hope this helps. Reply nimesha → Michael Greger M.D. 5 years ago hello ... i was wondering if cyanocobalamin as you recommend is a more unnatural source of b12... compared to methylcobalamin ... this is because cyanocobalamin often tends to leech us of methyl donors that our body produces in contrast to methylcobalmin that supplies us with more methyl donors... as we understand methyl donors are necessary for methylation... please let me know if you recommend cyanocobalamin for a specific reason... Reply Moderator - Dr Renae Thomas → nimesha 5 years ago Hi Nimesha. My name is Dr Renae Thomas and I am one of the moderators. To the best of my knowledge, Dr Greger supports supplementation with cyanocobalamin as that is the type the majority of the research into B12 has used (with no adverse side effects documented) and it's much cheaper and more readily available than other forms. For more from Dr Greger on B12, see his five-part series herehttps://nutritionfacts.org/... ^ Reply Laura → Moderator - Dr Renae Thomas 8 months ago I thought, perhaps mistakenly, that Dr Greger does NOT recommend B12 cyanocobalamin for those we other kidney issues. Am I mistaken? Reply Load more comments



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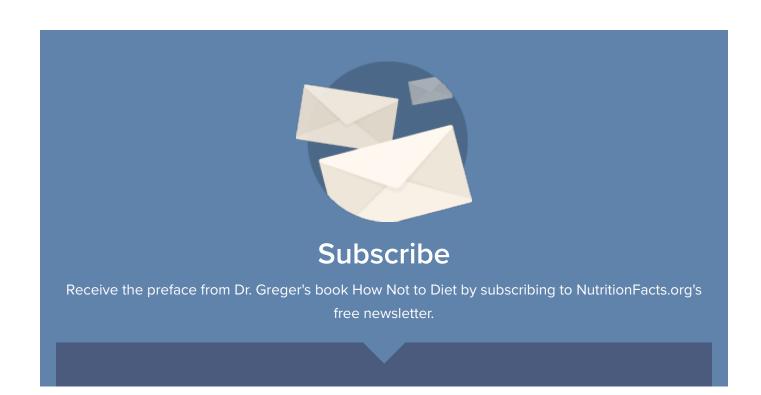
How to Keep Your Microbiome ...

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## **Speaking Tour**

Catch up with Dr. Greger at one of his live speaking engagements:

## **Speaking Tour Update**

Due to the pandemic, my speaking tour has been postponed until the release of my next book in 2023.

The events listed on the calendar are currently up to date!

prev	MARCH 2022				
SUN	MON	TUE	WED	THU	FRI
27	28	1	2	3	4
6	7	8	9	10	11

13	14	15	16	17	18
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