
How Not to Die Summary PDF Cheatsheet —

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- ? 1. **Whole Plant Foods:** Eat a diet of whole plant foods to protect yourself from the top killing diseases
- ? 2. **Daily Dozen:** Follow Dr. Greger's "daily dozen" checklist that simplifies his nutrition recommendations
- ? 3. **Less Heart Disease:** Avoid heart disease by eating less trans and saturated fats
- ?? 4. **Lung Health:** Avoid lung diseases by eating turmeric, cruciferous veggies and not inhaling smoke
- ? 5. **Stroke Prevention:** Avoid strokes by eating more fibre and potassium (found in plant foods)
- ? 6. **Avoid Alzheimer's:** Avoid Alzheimer's by exercising and observing the Mediterranean diet
- ? 7. **(Maybe) Slow Aging:** Prevent cell damage (and maybe even aging) with antioxidants
- ? 8. **Prevent Diabetes:** Prevent diabetes (and lose weight) by avoiding refined, processed and animal foods
- ? 9. **Reduce Blood Pressure:** Reduce high blood pressure by eating less sodium (especially in processed foods) and more flaxseeds
- ? 10. **Prevent Breast Cancer:** Prevent breast cancer by consuming less alcohol and well done meats, but more soy, mushrooms and green tea
- ? 11. **Prevent Prostate Cancer:** Prevent prostate cancer by eating less dairy, meat and eggs

This is just a sample!

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