



News Release

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Platte County Lifestyle Coalition Encourages People to Change Their Diet to Change Their Health

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition is a local coalition dedicated to promoting healthy lifestyles. Its messages focus on the benefits of physical activity and healthy nutrition.

For the past few months, the coalition has been spreading the word about how eating right can change people’s health for the better.

With that in mind, the coalition is recommending people follow the nutritional advice of Dr. Michael Greger. In his book, “How Not to Die,” Dr. Greger uses evidence-based medicine to explain how and why eating certain foods will make people healthier. He also describes what he calls, “The Daily Dozen” or 12 foods or activities that people should strive to have everyday to live a long, healthy life.

The foods, beverages and activities in Dr. Greger’s “Daily Dozen” are:

- **Beans** like black beans, soybeans, split peas, chickpeas and lentils
- **Berries** like blackberries, cherries, raspberries, strawberries, acai berries and grapes
- **Other fruits** like bananas, dates, honeydew, mango, peaches and pears
- **Cruciferous vegetables** like broccoli, brussels sprouts, cabbage and cauliflower
- **Greens** like arugula, collard greens, spinach, Swiss chard, turnip greens and kale
- **Other vegetables** like asparagus, beets, bell peppers, mushrooms, squash and zucchini
- **Flaxseeds**
- **Nuts and seeds** like almonds, cashews, chia seeds, pecans, pistachios, pumpkin seeds, walnuts and sunflower seeds
- **Herbs and spices** like basil, cilantro, garlic, ginger, oregano, parsley, thyme and turmeric
- **Whole grains** like barley, round rice, oats, quinoa, whole wheat pasta and wild rice
- **Beverages** like water, black tea, coffee, green tea, herbal tea, matcha tea, white tea and chai tea
- **Exercise** including 150 minutes of moderate to intense physical activity every week



As community members begin the new year with resolutions and intentions to live healthier lives, the coalition recommends people follow Dr. Greger’s advice. They encourage people to begin incorporating at least one of the “Daily Dozen” each month, and by the end of the year, they will be well on their way to living their healthiest life.

To learn more about the PCLC, their efforts to improve the health of community members, or how to become involved, contact Roberta Miksch at rhmiks@columbushosp.org.

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