



Blue Zones Diet

What are Blue Zones ?

Regions of the world where people live much longer than average
 Sardinia (Italy) , Icaria (Greece), Okinawa (Japan) . Nicoya (Costa Rica)
 and Seventh-day adventists, Loma Linda (Ca, USA)
 The term was first used by Dan Buettner in his book 'Blue Zones'

Icaria (Greece)

potatoes, goat's milk, honey, garbanzo beans, black-eyed peas, lentils
 wild greens, some fruit
 small amounts of fish

Sardinia (Italy)

Goat's milk, Sheep's cheese approx 15 pounds per year.
 (Moderate) : Flat bread, sourdough and barley
 (Lots of) fennel, fava beans, chickpeas, tomatoes, almonds, milk thistle
 tea, wine made from Grenache grapes

Summary

95% of daily food from vegetables, fruits, grains, and legumes
 primarily a plant-based diet
 avoid meat and dairy
 avoid dairy
 avoid sugary foods and beverages

Loma Linda (Ca, USA)

grains, fruits, nuts and vegetables,
 drink only water.
 Seventh-day Adventists
 avocados, salmon, nuts, beans, oatmeal, whole wheat bread and soy milk.
 Pesco-vegetarians in the community : a plant-based diet

Nicoya (Costa Rica)

Staples: beans, corn and squash
 papayas, yams, bananas and peach palms

Okinawa (Japan)

consume something from the land and sea every day
 garlic, brown rice, green tea and shitake mushrooms.
 bitter melons and tofu