



Ogliastra 🧠 Loma Linda Okinawa Ikaria Nicoya



81 centinarians per 100,000 people **2000** kcal consumed on average per person, daily

<mark>'Hara Hachi Bu' philosophy</mark> Eat to 80% full

Ogliastra, ITALY

SOURDOUGH BREAD

WHOLEWHEAT PASTA

WHOLEGRAIN CEREALS

VEGETABLES

EGUMES

Minestrone is one of the most consumed dishes

In territories that are at least 700 metres above sea level and in urban centres with a territorial gradient, the level of longevity increases.

3 Loma Linda, CALIFORNIA

vegetarian/vegan

60% FRUIT AND VEGETABLES

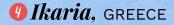
5% MEAT AND FISH

DRIED FRUIT

EGUMES

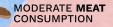
80-year life expectancy for men

84-year life expectancy for women









7-year greater life expectancy than in the US

TEAS

HONEY IN PLACE OF SUGAR

5 Nicoya, Costa Rica

NUTRITION IS BASED ON THE 'Three Sisters'

CORN

PUMPKIN

BLACK BEANS

The number of centinarians is equal to 3,5 times the global average

Per capita income is **1**/**6** of that of the US