Blue zones

**LONGEVITY, IN NUMBERS**

### Okinawa, Japan
- **87 centenarians** per 100,000 people
- **2000 kcal** consumed on average per person, daily
- ‘Hara Hachi Bu’ philosophy to live in full

- **Miso** is one of the most consumed dishes

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

### Loma Linda, California
- **Vegetarian/vegan**
- **Nutrition**
  - **Fruit and vegetables**
  - **Meat and fish**
  - **Dried fruit**
  - **Legumes**
- **80-year life expectancy for men**
- **84-year life expectancy for women**

### Ikaria, Greece
- **Vegetables**
  - **Extra virgin olive oil**
  - **Moderate meat consumption**
  - **Feta**
  - **Honey in place of sugar**
- **7-year greater life expectancy than in the US**

### Nicoya, Costa Rica
- **Nutrition is based on the ‘Three Sisters’**
- **Corn**
- **Pumpkin**
- **Black beans**
- **Per capita income is 1/6 of that of the US**
- The number of centenarians is equal to 3.5 times the global average