

# Blue zones

## LONGEVITY, IN NUMBERS



### 1 Okinawa, JAPAN

- BENI IMO
- MULBERRY LEAVES
- SQUID INK
- ASA SEAWEED
- ARTEMISIA
- GOYA (BITTER MELON)
- TOFU

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

*'Hara Hachi Bu' philosophy*  
Eat to 80% full

### 2 Ogliastra, ITALY

- SOURDOUGH BREAD
- WHOLEWHEAT PASTA
- WHOLEGRAIN CEREALS
- VEGETABLES
- LEGUMES

*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 NUTRITION

- 60%** FRUIT AND VEGETABLES
- 5%** MEAT AND FISH
- DRIED FRUIT
- LEGUMES

**80**-year life expectancy for men

**84**-year life expectancy for women

### 4 Ikaria, GREECE

- VEGETABLES
- EXTRA VIRGIN OLIVE OIL
- MODERATE MEAT CONSUMPTION
- TEAS
- HONEY IN PLACE OF SUGAR

**7**-year greater life expectancy than in the US

### 5 Nicoya, COSTA RICA

NUTRITION IS BASED ON THE 'Three Sisters'

- CORN
- PUMPKIN
- BLACK BEANS

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

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