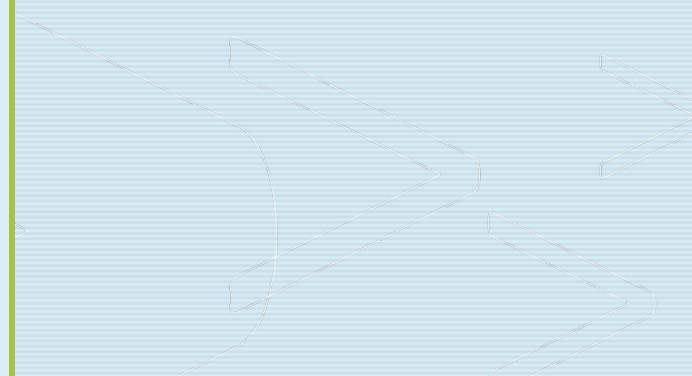


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Living Longer with the Blue Zones Diet



What and where are the blue zones?

Areas of the world with high rates of longevity/healthy aging

- Okinawa, Japan
- Icaria, Greece
- Loma Linda, CA – Seventh Day Adventists
- Nicoya Peninsula, Costa Rica
- Sardinia, Italy



Power 9

- Move
 - Move naturally
- Right Outlook
 - Purpose
 - Down Shift
- Eat Wisely
 - 80% Rule
 - Plant Slant
 - Wine at 5
- Connect
 - Belong
 - Loved Ones First
 - Right Tribe

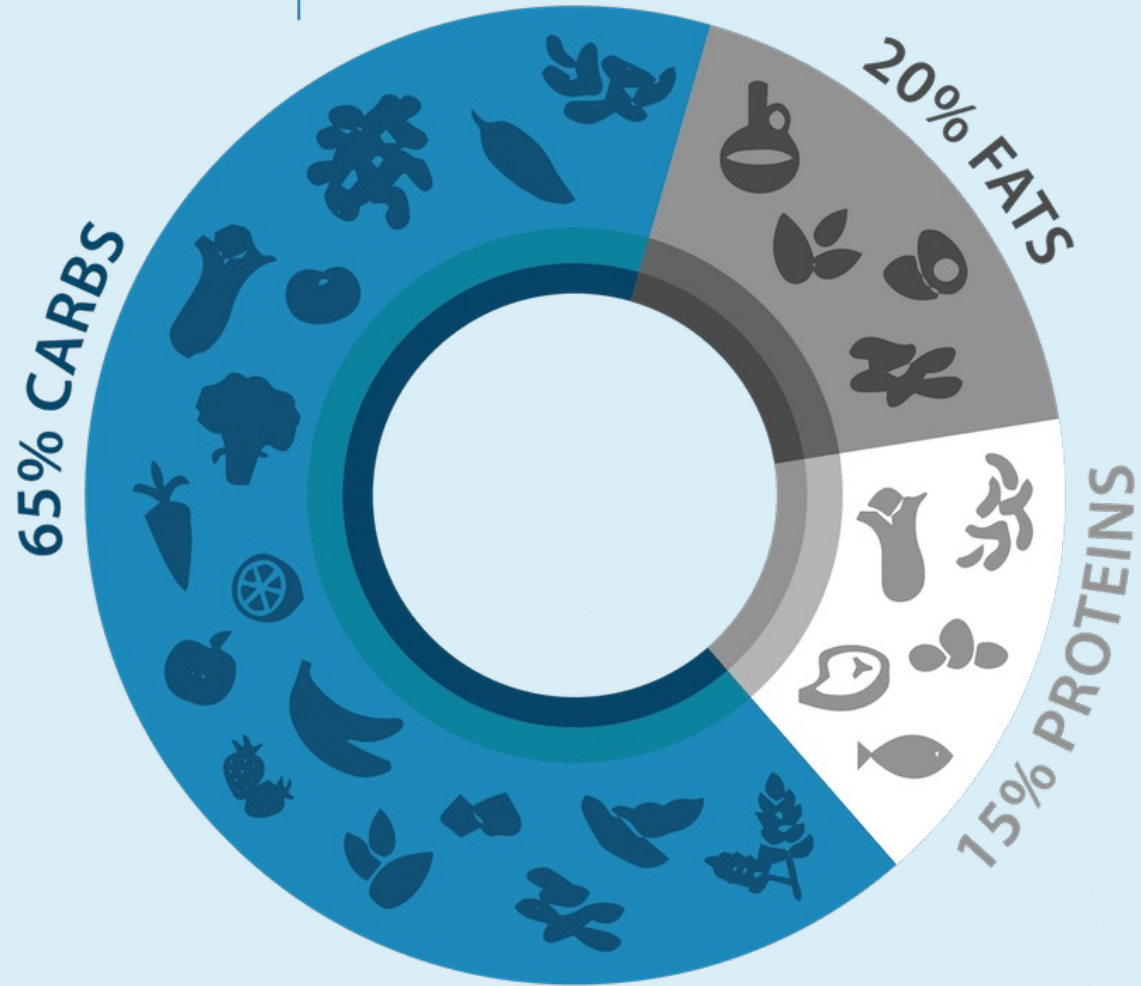


Eat wisely:
plant slant

FOOD GUIDELINES

95%
plant-based

5%
animal-based



Food Guidelines



FOOD GUIDELINES

MONTHLY

Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month

Reduce dairy

WEEKLY

Slash sugar: Consume only 28 grams (7 teaspoons) of added sugar daily

Eliminate eggs:
No more than 3 per week

Go easy on fish:
Fewer than 3 oz, up to 3 times weekly

DAILY

Snack on nuts:
About 1-2 handful a day

Drink mostly water: About 7 glasses / day;
coffee, tea, and wine in moderation

eat often with family and friends

Daily dose of beans: Half-cup to one cup / day

Go wholly whole: Single-ingredient, raw, cooked, ground, or fermented, and not highly processed

95-100% plant-based



11 Food Guidelines



- Retreat from meat



11 Food Guidelines

- Retreat from meat
- Reduce dairy



11 Food Guidelines

- Retreat from meat
- Reduce dairy
- Slash (added) sugar



Nutrition Facts

8 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

Calories 110

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 27g **10%**

Dietary Fiber 0g **0%**

Total Sugars 25g

Includes 23g Added Sugars **46%**

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1

2

11 Food Guidelines

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- Reduce dairy
- Slash (added) sugar
- Eliminate/limit eggs



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 - Go easy on fish
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- Drink mostly water



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 - Daily dose of beans



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 - Eliminate/limit eggs
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 - Snack on nuts
- Drink mostly water
 - Daily dose of beans
 - Go wholly whole
 - Sour on bread



11 Food Guidelines

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 - Reduce dairy
 - Slash (added) sugar
 - Eliminate/limit eggs
 - Go easy on fish
 - Snack on nuts
- Drink mostly water
 - Daily dose of beans
 - Go wholly whole
 - Sour on bread
 - 95-100% plant based





Questions?

