Blue Zones®
Food List

Select from the Top 50 Blue Zones Foods to create healthy, delicious meals inspired by Blue Zones centenarians.

Island of Ikaria, Greece

- Greens (all varieties)
- Lemons
- Eggplant
- Potato
- Mediterranean Herbs
- Chickpeas
- Black-Eyed Peas
- Olive Oil
- Honey
- Coffee

Island of Sardinia, Italy

- Tomatoes
- Artichokes
- Fennel
- Onions
- Almonds
- Durum Semolina
- Barley
- Pecorino Cheese
- Goat’s Milk
- Wine
NICØYA PENINSULA, COSTA RICA

• Papaya
• Bananas
• Mango
• Winter Squash
• Summer Squash

• Cabbage
• Yams
• Corn
• Black Beans
• Limes

ISLAND OF OKINAWA, JAPAN

• Shiitake Mushrooms
• Sweet Potatoes
• Green Onions
• Garlic
• Bitter Melon

• Seaweed
• Tofu
• Brown Rice
• Turmeric
• Green and Black Tea

LOMA LINDA, CALIFORNIA

• Beans
• Bell Peppers
• Broccoli
• Berries
• Avocado

• Nuts
• Oats
• Whole Grains
• Seitan
• Tempeh