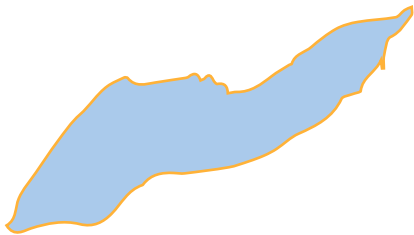


BLUE ZONES®

FOOD LIST

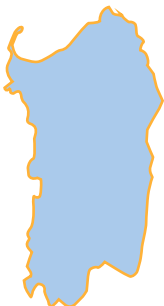
Select from the Top 50 Blue Zones Foods to create healthy, delicious meals inspired by Blue Zones centenarians.

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

NICOYA PENINSULA, COSTA RICA



- Papaya
- Bananas
- Mango
- Winter Squash
- Summer Squash
- Cabbage
- Yams
- Corn
- Black Beans
- Limes

ISLAND OF OKINAWA, JAPAN



- Shitake 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