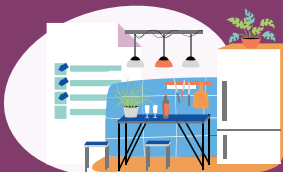




BLUE ZONES[™]
HEALTH



KITCHEN CHECKLIST

We are what we eat and we are
also where we eat.



Store all of your **snacks in proportioned, small bags**



Dedicate the **top shelf of your refrigerator to fruits and vegetables**



Only own **dinner plates that are 10-inches or smaller**



Drink beverages (except for water) out of **smaller glasses**



Create a **junk food drawer**



Pre-plate your food



Remove screens from your kitchen and dining room



Put a filled **fruit bowl** on your countertop or kitchen table



Use **hand-operated kitchen appliances**



Display the Blue Zones **longevity food list** in your kitchen



Scan the QR code for more details on how to set up your home for a better and longer life.