

Eat Wisely

*Plant Slant Nutrition with
Blue Zones™ Health*



BLUE ZONES™ HEALTH

What Are Blue Zones?

Blue Zones researchers, funded by National Geographic and NIH, discovered five remarkable regions around the world where people live to be 100 at a rate ten times higher than in the United States, with significantly lower rates of chronic disease. These regions are known as the blue zones.

The Five Blue Zones and What They Eat

- 📍 **Sardinia, Italy:** A diet centered on whole grains, fresh vegetables, and lean proteins like beans and legumes, complemented by a traditional glass of red wine.
- 📍 **Nicoya, Costa Rica:** Staples include beans, corn, and vibrant tropical fruits like papaya and mango, along with traditional tortillas made from nixtamalized maize.
- 📍 **Loma Linda, California:** A vegetarian diet featuring soy-based products, nuts, and an abundance of fruits and vegetables. This community also emphasizes water as their beverage of choice.
- 📍 **Ikaria, Greece:** A more austere version of the Mediterranean diet thrives here, featuring plenty of vegetables, wild greens, olive oil, and aromatic herbs like oregano and rosemary.
- 📍 **Okinawa, Japan:** Known for their sweet potatoes, green vegetables, and soy-based staples like tofu and miso, Okinawans consume nutrient-dense, fiber-rich meals.

Take Control of Your Health

Blue Zones™ Health is dedicated to empowering everyone, everywhere, to live healthier and longer lives.

Would you like to:

- ✓ Have more energy?
- ✓ Lose weight?
- ✓ Improve your blood sugar levels?
- ✓ Lower your risk of heart disease, cancer, and dementia?
- ✓ Decrease your medications?

You have the power to live better, longer! A plant slant diet may be for you.

Join us on the journey
to vibrant health



Key Nutritional Insights

Before industrialization, people mostly ate what was in season and grown nearby. Diets were largely plant-based, with fruits, veggies, legumes, whole grains, and nuts, and meat reserved for special occasions. Across all blue zones, this tradition continues. In these regions, 95 to 100 percent of calories come from whole plant foods, including:



Fruits and Vegetables:

Seasonal, locally-grown produce provides an array of vitamins and antioxidants.

Legumes: Beans, lentils, and chickpeas are a cornerstone, offering protein and fiber.



Whole Grains: Foods like barley, quinoa, and whole-grain bread supply energy and essential nutrients.

Nuts and Seeds: A daily handful of almonds, walnuts, or chia seeds adds healthy fats. By adopting these time-tested eating habits, you can nourish your body and create your own path toward living better, longer—just like the people of the blue zones regions.



Foods for Longevity

✓ FOUR ALWAYS



100% Whole Grains: Farro, quinoa, brown rice, bulgur (cracked wheat), oatmeal, whole cornmeal.



Nuts: A handful a day.



Beans: A cup of beans per day.



Fruit & Vegetables: 5-10 servings per day.

✗ FOUR TO AVOID



Sugar-Sweetened Beverages: Empty calories.



Salty Snacks: Too much salt and preservatives.



Packaged Sweets: Cookies, candies, and processed sweets banned from pantry.



Processed Meats: Linked to cancer and heart disease.

Blue Zones[®]

Pro Tips



Hara Hachi Bu (80% Rule): Stop eating when 80% full.



Small Plates: Use an 8-inch plate for portion control. Fill half with vegetables/fruits, a quarter with whole grains, and a quarter with plant protein.



Limit Distractions: Avoid screens while eating.



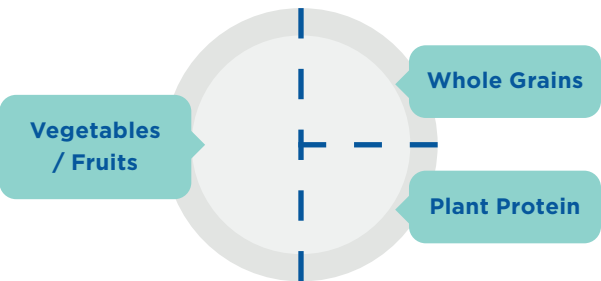
Drink Water Before Meals: Helps prevent overeating.



Eat With Others: Boosts mood and longevity.



Limit Meat: Treat as a celebratory food, flavor enhancer, or side, no more than once per week.



Plant-Based Nutrition for Specific Health Goals



Heart Health: Leafy greens, berries, whole grains, and limiting fats can help prevent heart disease.



Diabetes Management: Focus on non-starchy vegetables, whole grains, legumes, and limit fruit to 2-3 servings per day.



Weight Management: Eat nutrient-dense, high-fiber foods like vegetables and legumes to feel full and lose weight.



Resilience: A plant-based diet improves sleep, mood, and brain health.



Digestive Support: Fiber-rich foods support gut health and prevent constipation.

Making Your Kitchen a Blue Zones® Kitchen

Transforming your kitchen into a Blue Zones Kitchen is a powerful step toward adopting a plant-based diet and embracing healthier living. Here's how you can set up your kitchen for success, inspired by the longevity habits of the world's healthiest communities.

Boost Healthy Eating Habits

- ✓ **Pre-Plate Meals:** Serve food on individual plates rather than family-style to avoid overeating.
- ✓ **Screen-Free Zone:** Remove distractions like cell phones and TVs from your kitchen and dining areas to promote mindful eating.
- ✓ **Fill Your Fruit Bowl:** Keep a variety of fresh fruits on your countertop or dining table for a convenient, healthy snack.



Kitchen Setup Tips

- ✓ **Organize Smartly:** Store healthy snacks in small, pre-portioned bags for easy access and portion control.
- ✓ **Fruit First:** Dedicate the top shelf of your refrigerator to fruits and vegetables, making them the first thing you see.
- ✓ **Downsize Plates:** Use 8-inch plates to encourage smaller portions, aligning with the Blue Zones® practice of eating until 80% full (Hara Hachi Bu).
- ✓ **Out of Sight, Out of Mind:** Keep junk food out of the house or store it in less visible places.
- ✓ **Encourage Movement:** Use hand-operated kitchen appliances to add small bursts of activity while preparing meals.
- ✓ **Visual Reminders:** Display the Longevity Foods list prominently in your kitchen to inspire plant-based cooking.

Smart Shopping & Eating Out That Doesn't Break the Bank

With smart choices, you can enjoy healthy, satisfying meals without overspending. It's about knowing what to look for and making simple swaps that keep your body and budget happy.

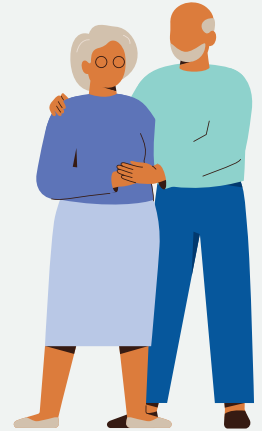
Shopping Tips:

- ✓ Beans, greens, and root veggies are affordable and versatile.
- ✓ Shop the perimeter for fresh, less processed foods.
- ✓ Buy bulk staples like lentils, rice, and oats.
- ✓ Visit farmers markets, many accept SNAP.
- ✓ Choose in-season produce.

Eating Out Tips:

- ✓ Order plant-based side dishes or soups/salads.
- ✓ Customize by asking for sauces on the side, adding extra veggies, or replacing unhealthy sides with fruits or greens.
- ✓ Split meals or take half home.
- ✓ Stick with water or unsweetened beverages.
- ✓ Eat slowly and with fewer distractions.

Your Longevity Foods



Categories:



Vegetables: Broccoli, leafy greens, sweet potatoes.



Fruits: Blueberries, avocados, tomatoes.



Legumes: Lentils, chickpeas, black beans.



Whole Grains: Brown rice, quinoa, barley.



Nuts & Seeds: Almonds, walnuts, chia seeds.



Beverages: Water and herbal teas.

Your Journey Starts Here

Visit our resources portal to find everything you need to take control of your health like group classes, events, and more!



Social Media

@bluezoneshealth



Contact Us

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