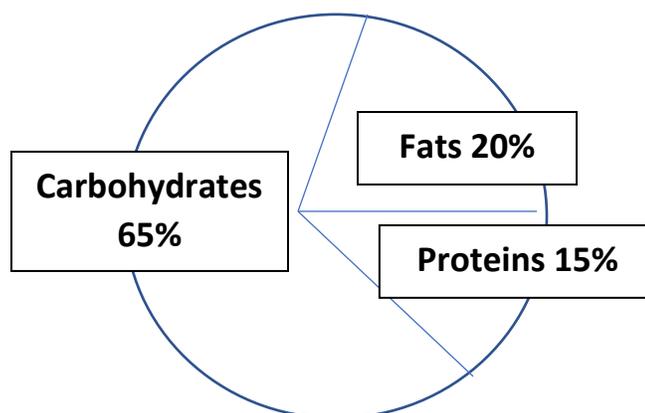


Food Guidelines

the Blue Zone Way

The 95% Rule

**95% plant-based
5% animal based**



Blue Zones Diet

9 “Nuggets” on the Blue Zones Nutrition

RETREAT FROM MEAT

TAKE OR LEAVE FISH

DIMINISH DAIRY

DAILY DOSE OF BEANS

Eat a cup of beans daily spread out across breakfast, lunch or dinner. All beans count, including tofu. They contain high-quality protein and fiber. If you buy canned beans, avoid added salt, sugar and chemicals.

SLASH SUGAR

Consume only 28 grams (7 teaspoons) of added sugar daily. Reserve cookies, cakes and candies for special occasions. Read labels and avoid foods with more than 8 grams of sugar.

SNACK ON NUTS

SOUR ON BREAD

Eat only 100 percent whole grain breads or authentic sourdough bread made from live cultures.

GO WHOLLY WHOLE

Try to eat only whole foods or foods processed with fewer than five ingredients. Remember Michael Pollan’s wise comment: “If it came from a plant, eat it; if it was made in a plant, don’t.”

DRINK MOSTLY WATER

Drink six glasses of water daily. Feel free to drink unsweetened teas and coffee.

Here are two great resources on Blue Zones eating:

<https://www.bluezones.com/four-best-foods-four-worst-foods-blue-zones-life/>

<https://www.bluezones.com/recipes/food-guidelines/>