

How to Blue Zones Your Kitchen and Home



Check out this 3-min video:

<https://www.bluezones.com/2011/09/blue-zones-your-kitchen/>

Eight ways to create your personal Blue Zone

Don't live in a place that resembles a Blue Zone but eager to make some changes? Here are some of the conclusions Dan Buettner, author of "The Blue Zones," came to about strategies people can take wherever they are. He calls them not a silver bullet but "silver buckshot, a healthy swarm of small things" with big effects.

In the Kitchen:

- 1) **Diet:** Some of the foods common in the diets of Blue Zone residents were greens, chickpeas, coffee, green tea, nuts, tomatoes, sweet potatoes, turmeric, salmon, squash and avocados.
- 2) **Cook and Focus on the food and your companions when eating:** Make food at home. "In most Blue Zones, eating out is considered a celebratory field trip," Buettner writes. And residents of those places don't eat standing up, in their cars or alone. Don't eat in front of the TV. People eat 25% more if they're eating while watching television.
- 3) **Drink:** Lots of water and forget sweetened drinks, especially soda.
- 4) **Treats:** Improving your nutrition is easier when the eating environment is changed: consider what's in your kitchen and if you make it easy to grab for healthy food and make it hard it is to indulge in junk food. Put food that's not healthful in an out-of-the-way cupboard. Label it "junk food." If you don't see it, you are less likely to eat it.
Consider the size of your plates. Reduce the size of your plates and you'll naturally eat less at meals.

And beyond the kitchen:

- 5) **Community:** Focus on developing a supportive group of people who can encourage you to maintain healthy habits lifestyles. Create a circle of people whose behaviors you'd like to emulate and form a group for walking, talking or other activities.
- 6) **Mind:** Learn new skills and challenge your mind -maybe a new instrument or a language. Meditate.
- 7) **Sleep:** Remove the TV, computer and cellphones from the bedroom, and if you need a clock, turn it so the lights don't shine in your face. Make the room cool and dark. Buettner writes that less than seven hours of sleep a night increases the chances of colds, decreases rates of well-being and adds to the risk of obesity.
- 8) **Move:** Make it necessary to get up and move repeatedly. Don't use a TV remote or a riding lawn mower. Do outdoor chores and garden. Get a dog and walk it.