

THE BLUE ZONES

Food for the Ark
Chapter Three

Blue Zones are five geographic regions where **people live exceptionally long and healthy lives.**

Loma Linda, California.

The Seventh-day Adventists
- health is the cornerstone
of their faith

Sardinia, Italy

Raise and grow
what they eat

Icaria Greece

A Mediterranean diet

Okinawam Japan

a plant-based diet
that includes tofu

The Nicoya

Peninsula, Costa Rica

High levels of calcium in its water
contributes to low rates of bone
fractures and heart disease

*"Eat your vegetables, have a
positive outlook, be kind to
people, and smile."*

- Dan Buettner,
The Blue Zones



20% GENES
80% Lifestyle

The Blue Zone's common denominators
for good health and longevity are:

-  **1** Daily walking
-  **2** Eating until you are 80% full and eating the smallest meal in the early evening
-  **3** Stress-relieving daily practices like meditation or prayer
-  **4** A daily purpose
-  **5** A largely plant-based diet
-  **6** Strong social networks
-  **7** A spiritual practice
-  **8** Close family ties
-  **9** Modest consumption of red wine with meals (except for Loma Linda and Okinawa)

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Quality Longevity Freedom From Disease

Yi-Tong Ma



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