

Longevity Foods

Tapping into the natural power of food

Stocking your kitchen with foods that promote health is essential to changing your environment. The following foods list was assembled from many sources about health. Pack your pantry and refrigerator with plant-source proteins, a wide variety of vegetables and fruits, and high-fiber grains. Including these foods in your weekly menu helps you take control of your personal health goals. Sample a few new items from this list each week, and your pantry will be full of healthy foods before you know it.

Plant-based Proteins

In the Blue Zones, people get most of their protein from plant sources with animal protein only consumed on special occasions or as side dishes. Load your diet with the following muscle-building proteins that are also good for your heart:

- > Beans such as garbanzo beans (chickpeas), navy beans, black beans and pinto beans
- > Lentils
- > Soy (tofu)
- > Sweet peas
- > Edamame (soy beans)
- > Green beans

The Orange Fruits

Oranges, grapefruit and clementines are high in vitamin C, a powerful antioxidant. Antioxidants are very important in our diets because they help “clean up” particles that lead to cell damage

The Other Orange Foods

Deep orange foods are packed with beta-carotene that may help strengthen the immune system and also may protect us from cancer. Beta-carotene is converted into vitamin A in our bodies and also helps repair and maintain skin and eye tissue.

- > Sweet potatoes
- > Pumpkin and other orange squashes
- > Apricots
- > Peaches
- > Carrots
- > Tomatoes (contain lycopene)
- > Red and orange peppers



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Grapes and Berries

Grapes and berries contain powerhouse nutrients that help protect our brains from inflammation and oxidative stress, help maintain the elasticity of our blood vessels, and may reduce our risk of cancer and heart disease.

- > Grapes
- > Blueberries
- > Raspberries
- > Blackberries
- > Cranberries

Dark Green Foods

Dark green leafy and cruciferous vegetables are believed to be some of the most potent cancer-preventing foods that we can eat. They also contain lutein that is believed to help reduce the risk of macular degeneration, the leading cause of blindness in adults.

- > Spinach
- > Broccoli
- > Other cruciferous veggies like: kale, Swiss chard, cauliflower

Fiber

Most Americans only eat about half as much fiber as they should to be healthy. In addition to helping prevent bowel problems, a high fiber diet can also help protect against high serum cholesterol levels and heart disease. Eat plenty of:

- > Oats and oatmeal
- > Brown rice and quinoa
- > Whole grain breads and cereals
- > Whole grain corn tortillas
- > Whole grain pasta

Nuts

Nuts, particularly walnuts, almonds and pistachios are good sources of protein, vitamin E and magnesium.

Tea

All types of tea are good for us: green tea, black tea and white tea. Teas contain polyphenols (antioxidants), phytochemicals that may help protect against cancers.



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