

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)

Read the blog at www.healthyhealingeats.com

The Blue Zone

David Baud



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