

BLUE ZONES FOOD LIST

Select from the Top 50 Blue Zones foods to create healthy, delicious meals inspired by blue zones centenarians.



ISLAND OF IKARIA, GREECE

- Greens (all varieties)
- Lemons
- Eggplant
- Potato
- Mediterranean Herbs
- Chickpeas
- Black-Eyed Peas
- Olive Oil
- Honey
- Coffee



ISLAND OF SARDINIA, ITALY

- Tomatoes
- Artichokes
- Fennel
- Onions
- Almonds
- Barley
- Durum Semolina
- Pecorino Cheese
- Goat's Milk
- Wine



NICOYA PENINSULA, COSTA RICA

- Papaya
- Bananas
- Mango
- Winter Squash
- Summer Squash
- Cabbage
- Yams
- Corn
- Black Beans
- Limes



ISLAND OF OKINAWA, JAPAN

- Shiitake Mushrooms
- Sweet Potatoes
- Green Onions
- Garlic
- Bitter Melon
- Seaweed
- Tofu
- Brown Rice
- Turmeric
- Green and Black Tea



LOMA LINDA, CALIFORNIA

- Beans
- Bell Peppers
- Broccoli
- Berries
- Avocado
- Nuts
- Oats
- Whole Grains
- Seitan
- Tempeh