

10 Blue Zones® Food Guidelines



95/5 RULE

Eat Plants. 95 percent of your food should be fruits, vegetables, grains, greens, and beans. Use olive oil to sauté and spices to flavor vegetables. Feel free to eat a cup (cooked) of whole grains daily.



LIMIT MEAT

Think of meat as a celebratory food. Portions should be no larger than a deck of cards, once or twice a week. Avoid processed meats such as hot dogs, bacon, and sausages.



GO EASY ON FISH

If you choose to eat fish, do so no more than three times a week. Wild-caught salmon or smaller fish like sardines, trout, snapper, cod, and anchovies are okay choices. Limit portion sizes to 3 ounces (about the size of the palm of your hand).



DIMINISH DAIRY

Avoid dairy when possible. If cheese is a must, try ice-cube size portions of sheep (pecorino) or goat (feta) cheese to flavor foods. If you eat eggs, limit intake to three times a week.



DAILY DOSE OF BEANS

Eat a cup of beans daily spread out across breakfast, lunch, and dinner. All beans count, including tofu. They contain high quality protein and fiber. If you buy canned beans, avoid added salt, sugar, and chemicals.



SLASH SUGAR

Consume only 28 grams (7 teaspoons) of added sugar daily. Reserve cookies, cakes, and candies for special occasions. Read labels and avoid foods with more than 8 grams of sugar or if sugar is in the top five ingredients. Make honey your go-to sweetener.



SNACK ON NUTS

Eat two handfuls of nuts daily: almonds, walnuts, Brazil nuts, and peanuts. Try different nuts so you don't tire of them. Avoid sugar-coated nuts.



SOUR ON BREAD

Eat only 100% whole grain breads or authentic sourdough bread made from live cultures. Limit bread to two slices daily. Choose whole grain or corn tortillas over flour tortillas. Avoid white breads and wraps.



GO WHOLLY WHOLE

Try to eat only whole foods or processed foods with fewer than five ingredients: If it's manufactured in a plant, avoid it. If it comes from a plant, eat it.



BLUE ZONES BEVERAGES

Drink seven glasses of water daily. Feel free to drink unsweetened teas and coffee. Enjoy Wine@Five with friends or with Blue Zones inspired meals. Avoid all sugar-sweetened and diet sodas.