

FOOD GUIDELINES

MONTHLY

Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month

Reduce dairy



WEEKLY

Slash sugar: Consume only 28 grams (7 teaspoons) of added sugar daily

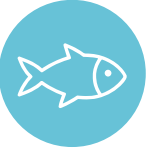
Eliminate eggs:

No more than 3 per week



Go easy on fish:

Fewer than 3 oz, up to 3 times weekly



Snack on nuts:

About 1-2 handful a day



Drink mostly water: About 7 glasses / day; coffee, tea, and wine in moderation



eat often with family and friends

Daily dose of beans: Half-cup to one cup / day



Go wholly whole: Single-ingredient, raw, cooked, ground, or fermented, and not highly processed



95-100% plant-based



DAILY

