

LONGEVITY FOOD LIST

VEGETABLES



- Fennel
- Leafy Greens
- Potatoes
- Shiitake mushrooms
- Squash
- Sweet potatoes
- Wild greens
- Yuca
- Seaweed
- Kohlrabi

FRUITS



- Avocados
- Bananas
- Lemons
- Papayas
- Tomatoes
- Sweet peppers

BEANS (LEGUMES)



- Black beans
- Black-eyed peas
- Chickpeas
- Fava beans
- Lentils
- Peas
- Peanuts

GRAINS



- Barley
- Brown rice
- Maize nixtamal

- Oatmeal
- Whole grain bread
- Quinoa
- Farro
- Amaranth
- Millet

NUTS AND SEEDS



- Almonds
- Brazil nuts
- Cashews
- Walnuts
- Chia seeds
- Pecans

BEVERAGES



- Coffee
- Green tea
- Herbal teas
- Red wine
- Water

OTHER



- Garlic
- Honey
- Mediterranean herbs
- Milk thistle
- Olive oil
- Soy milk
- Tofu
- Turmeric
- Miso
- Dashi broth