# Longevity Food List

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

## Nuts and Seeds
- Almonds
- Brazil nuts
- Cashews
- Walnuts
- Chia seeds
- Pecans

## 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

## 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

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