

BLUE ZONES FOOD LIST



BLUE ZONES PROJECT
by sharecare

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