## **LONGEVITY FOOD LIST**

VEGETABLES	☐ Oatmeal
Fennel	☐ Whole grain bread
Leafy Greens	☐ Quinoa
Potatoes	☐ Farro
Shiitake mushrooms	☐ Amaranth
☐ Squash	☐ Millet
Sweet potatoes	
☐ Wild greens	AULTO AND OFFICE
Yuca	NUTS AND SEEDS
Seaweed	Almonds
Kohlrabi	☐ Brazil nuts
	Cashews
	Walnuts
FRUITS	Chia seeds
Avocados	Pecans
Bananas	
Lemons	DEL/EDA OFO
Papayas	BEVERAGES
Tomatoes	☐ Coffee
Sweet peppers	☐ Green tea
Sweet bebbeis	
	☐ Herbal teas
	☐ Herbal teas ☐ Red wine
BEANS (LEGUMES)	
	Red wine
BEANS (LEGUMES)   Black beans	Red wine Water
BEANS (LEGUMES)  Black beans Black-eyed peas	Red wine Water
BEANS (LEGUMES)  Black beans Black-eyed peas Chickpeas	Red wine Water
BEANS (LEGUMES)  Black beans Black-eyed peas Chickpeas Fava beans	Red wine Water  OTHER
BEANS (LEGUMES)  Black beans Black-eyed peas Chickpeas Fava beans Lentils	Red wine Water  OTHER Garlic
BEANS (LEGUMES)    Black beans   Black-eyed peas   Chickpeas   Fava beans   Lentils   Peas	Red wine Water  OTHER Garlic Honey
BEANS (LEGUMES)  Black beans Black-eyed peas Chickpeas Fava beans Lentils	Red wine Water  OTHER Garlic Honey Mediterranean herbs
BEANS (LEGUMES)  Black beans Black-eyed peas Chickpeas Fava beans Lentils Peas Peanuts	Red wine Water  OTHER Garlic Honey Mediterranean herbs Milk thistle Olive oil
BEANS (LEGUMES)    Black beans   Black-eyed peas   Chickpeas   Fava beans   Lentils   Peas	Red wine Water  OTHER Garlic Honey Mediterranean herbs Milk thistle
BEANS (LEGUMES)  Black beans Black-eyed peas Chickpeas Fava beans Lentils Peas Peanuts	Red wine Water  OTHER Garlic Honey Mediterranean herbs Milk thistle Olive oil Soy milk
BEANS (LEGUMES)    Black beans   Black-eyed peas   Chickpeas   Fava beans   Lentils   Peas   Peanuts	Red wine Water  OTHER Garlic Honey Mediterranean herbs Milk thistle Olive oil Soy milk Tofu

