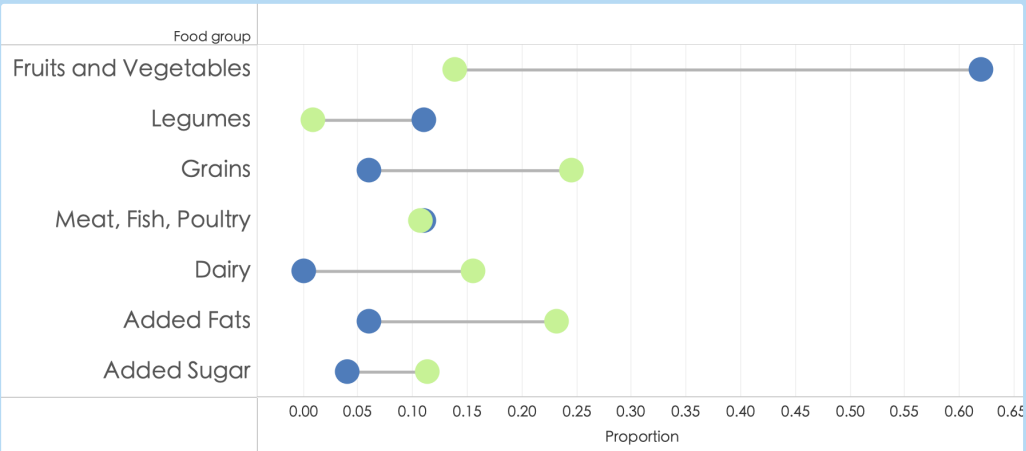


# Eating for LONGEVITY

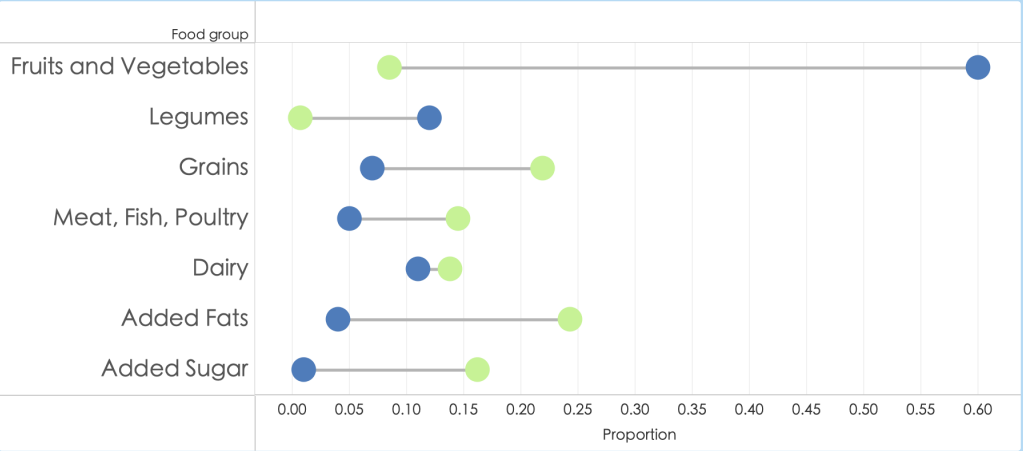
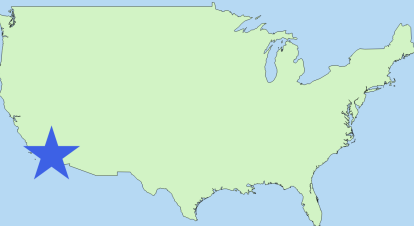
## Diet Proportions of the Blue Zones vs. their Home Countries

Visualizing the caloric distribution of food groups, contrasting regions renowned for longevity with their respective national diets

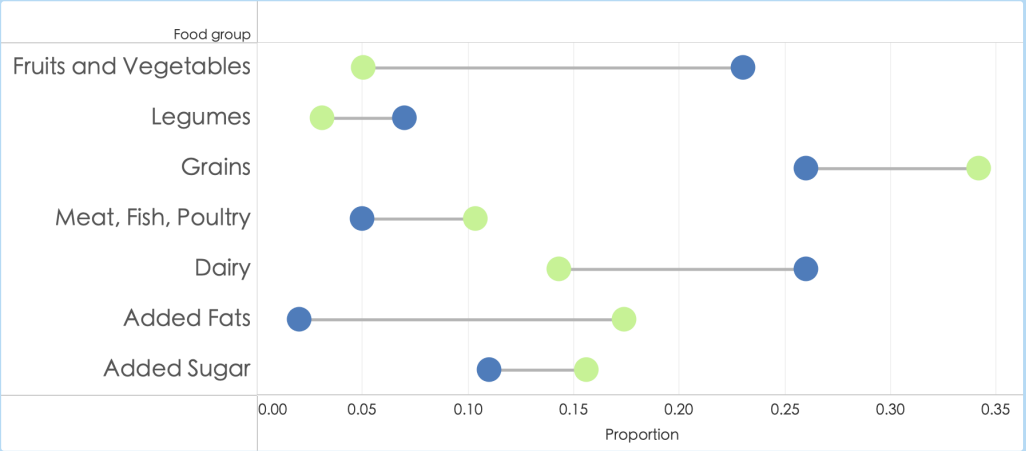
### IKARIA, Greece



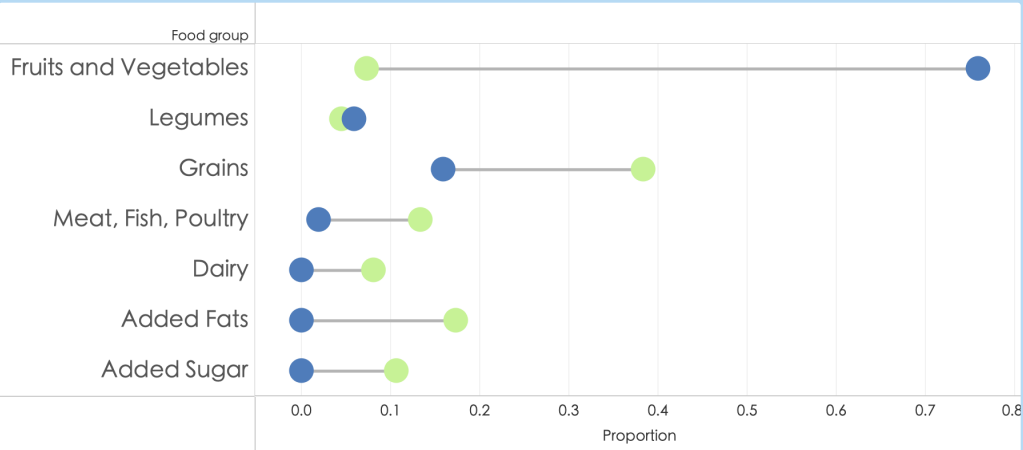
### LOMA LINDA, United States



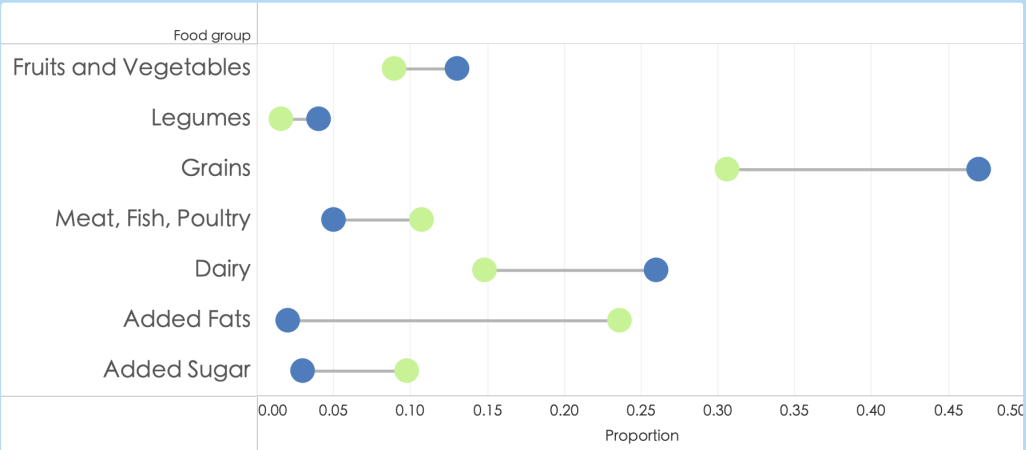
### NICOYA, Costa Rica



### OKINAWA, Japan



### SARDINIA, Italy



Data Sources:  
Food and Agriculture Organization of the United Nations - Food Balances (2021)\*, <https://www.fao.org/faostat/en/#data/FBS>  
Blue Zones - Explorations, <https://www.bluezones.com/explorations/>

\*Note: National average data represented are based on Food Supply data, which estimates potential consumption from available food items in each country.

Maps:  
2023 Mapbox, OpenStreetMap