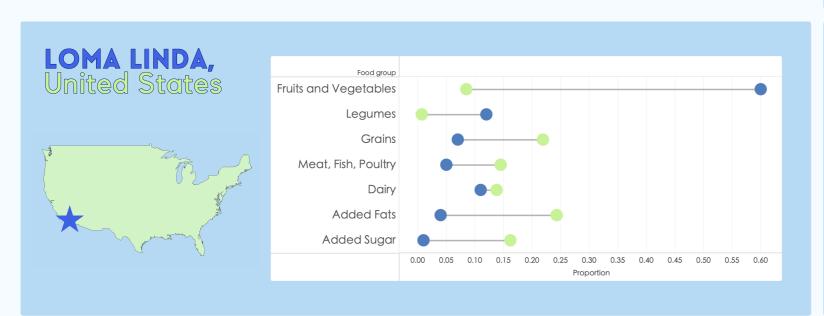
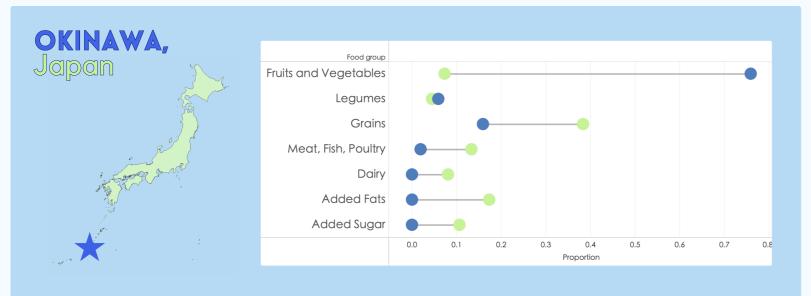
Eating for LONGEVITY

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











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/