

Longevity Diet Food List

Patient information

Name: _____ Age: _____

Contact information: _____ Date: _____

Foods included in the longevity diet

These food groups are essential for individuals following a longevity-focused diet. Each category supports overall health, longevity, and disease prevention.

Vegetables (especially dark leafy greens and cruciferous vegetables)	Fruits (emphasis on antioxidant-rich varieties)
<ul style="list-style-type: none">• Spinach• Kale• Broccoli• Cauliflower• Brussels sprouts	<ul style="list-style-type: none">• Berries• Apples• Oranges• Grapes• Cherries
Whole grains (low-glycemic, fiber-rich options)	Plant-based proteins
<ul style="list-style-type: none">• Brown rice• Oats• Quinoa• Barley	<ul style="list-style-type: none">• Beans• Lentils• Chickpeas• Tofu• Tempeh
Healthy fats (rich in unsaturated fats)	Fermented foods (for gut health)
<ul style="list-style-type: none">• Extra virgin olive oil• Nuts (e.g., walnuts, almonds)• Seeds (e.g., chia, flax)	<ul style="list-style-type: none">• Yogurt• Kefir• Kimchi• Sauerkraut
Fish and seafood (high in omega-3 fatty acids, limit to 2–3 servings per week)	
<ul style="list-style-type: none">• Salmon• Sardines• Mackerel• Trout	

Additional recommendations

These tips provide guidance on how to follow the Longevity Diet effectively and integrate healthy habits for long-term success.

- Focus on moderate portions, especially proteins, with plant-based sources as a primary choice.
 - Prioritize water and green tea for hydration, as both support cellular health.
 - If appropriate for the patient's lifestyle and health status, consider a fasting-mimicking schedule, such as limiting eating windows to 10–12 hours.
 - Incorporate vegetables into each meal, aiming for various colors to maximize nutrient intake.
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Additional notes