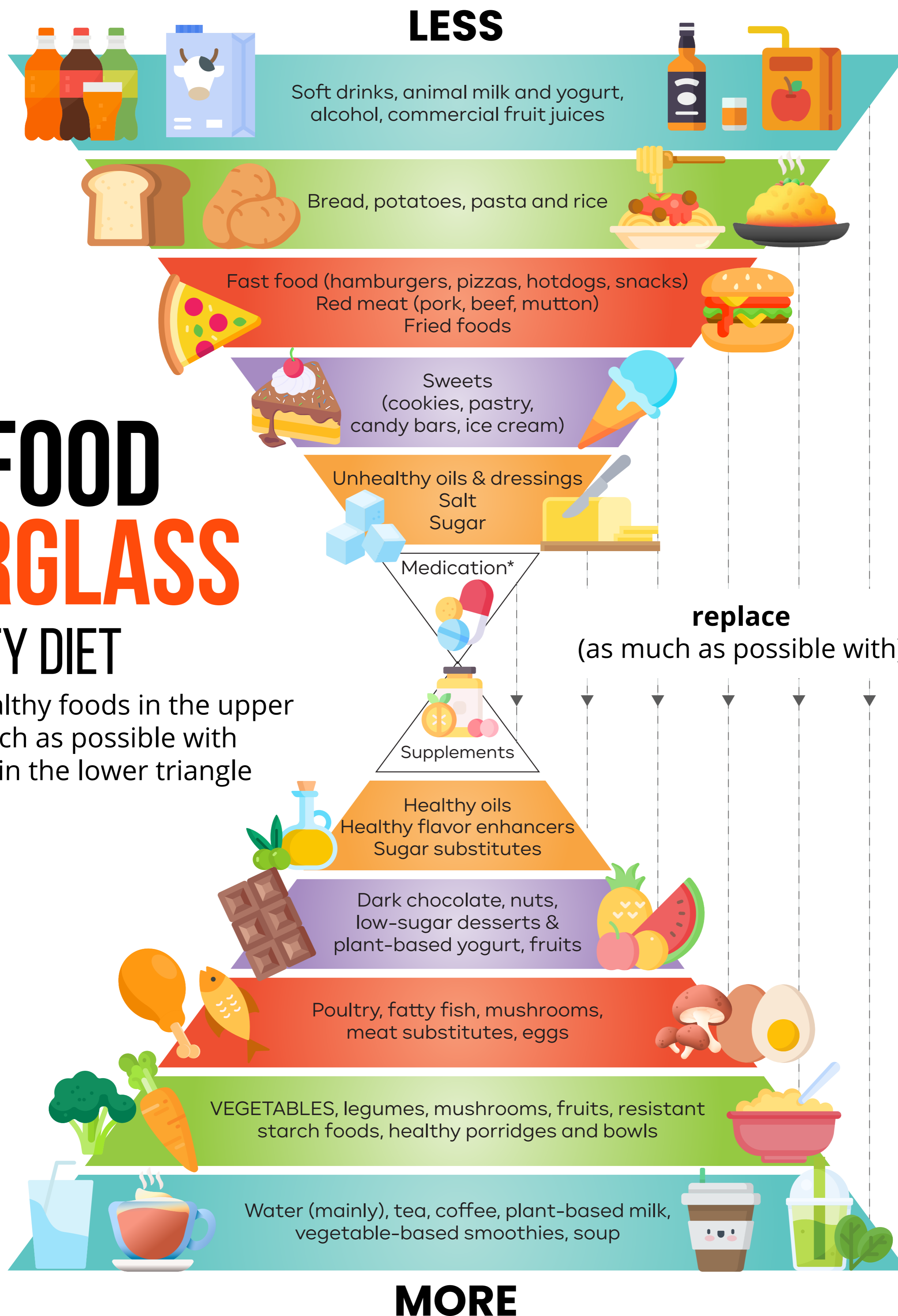


THE FOOD HOURGLASS

LONGEVITY DIET

Replace unhealthy foods in the upper triangle as much as possible with healthy foods in the lower triangle



Longevity Supplements: calcium alpha-ketoglutarate, fisetin, glucosamine sulfate, NMN, etc.

Health supplements: magnesium malate or glycinate, vitamin D3, B vitamins, omega-3 fatty acids, iodine, etc.

Healthy oils: olive oil, coconut oil, butter (for cooking), flaxseed oil, walnut oil, olive oil (cold dishes)

Unhealthy oils: corn oil, sunflower oil, palm oil, salad oils, most commercial dressings & sauces, margarine

Healthy flavor enhancers: spices (turmeric, parsley, thyme, rosemary, basil, oregano, mint, etc.), garlic, onion, lemon juice, vinegar, potassium salt (KCl) instead of sodium salt (NaCl)

Sugar Substitutes: stevia, tagatose, sugar alcohols, monk fruit, mashed fruits (e.g. apple sauce, banana mash). Do not replace sugar with honey, maple syrup, agave or artificial sweeteners (e.g. acesulfame, aspartame, sucralose, saccharin)

Fatty fish: salmon, mackerel, herring, anchovy, sardines

Meat substitutes: tofu, miso, natto, tempeh, mushrooms (e.g. oyster mushrooms), fungi-based meat substitutes (e.g. Quorn), plant-based meat substitutes, eggs

Vegetables: should be the basis of the food hourglass diet

Legumes: beans, peas, lentils

Resistant starch foods: gluten-free, whole-grain pasta, rice or potatoes cooled down and reheated (in moderation - vegetables should be consumed far more)

Healthy porridges and bowls: cauliflower porridge, broccoli porridge, chia seed porridge, etc.

Water: can be flavored with lemon (juice), mint or infused fruits. Water should be consumed mostly

Tea and coffee: green tea, white tea, black tea, ginger tea. Coffee (1 to 3 cups/day), not in the afternoon or evening

Plant-based milk: low-sugar cashew milk, hazelnut milk, soy milk, almond milk

Smoothie: one per day, preferably use vegetables. Use low-glycemic index fruits like blueberries, blackberries, strawberries

Alcohol: no alcohol ideally (maximum one glass per day with alcohol-free days)

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*Always discuss changes in medication (and in lifestyle & health) with your health practitioner