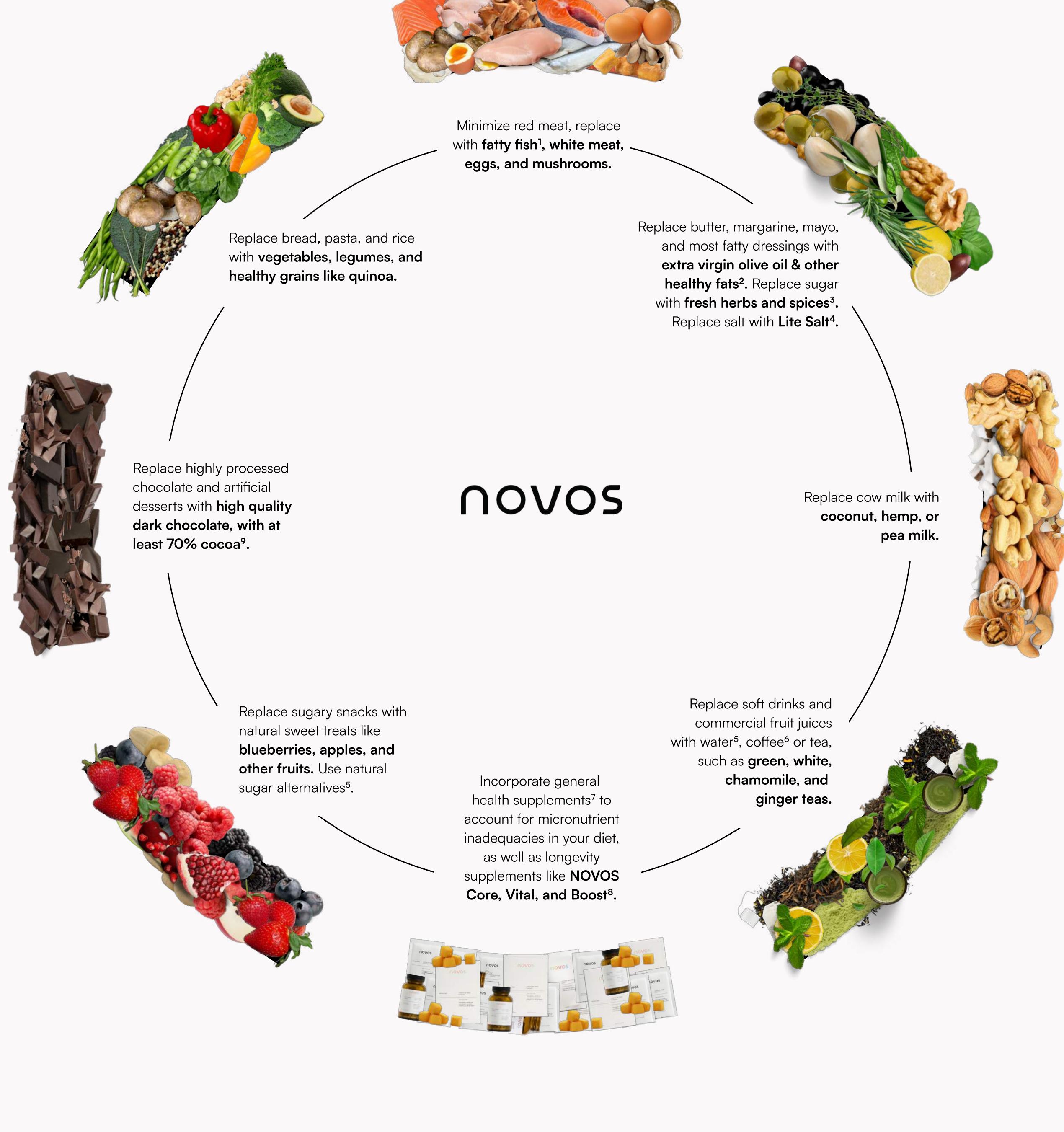


# Longevity Diet



## 10 Simple Rules of the Longevity Diet

- I. Replace starches with more nutrient-dense foods.** For example, eat much less bread, potatoes, pasta, and rice and replace them with vegetables (primarily), legumes, mushrooms or quinoa. Replace morning bread, for example, with oatmeal, chia seed, blended cauliflower, or chickpea porridge made with plant-based milk (e.g., coconut milk).
- II. Get the right amount of protein.** We don't want too little protein, but we also don't want to overdo it. 0.6 grams to 0.8 grams of protein per pound of bodyweight is a healthy longevity-minded range for most of us, with athletes and older adults focusing on the higher end of this range.
- III. Limit your red meat consumption (beef, pork, and sheep),** especially processed red meats, and replace with more fatty fish (salmon, mackerel, herring, anchovies, and sardines), lean poultry (chicken, turkey), mushrooms, tofu (miso, natto, tempeh), or mushroom-based or pea-based meat substitutes.
- IV. Drink lots of mineral water** for proper hydration, several cups of tea (especially green, white, chamomile, and ginger), and ideally a smoothie that contains blended vegetables. Coffee is good for you, too, at least 10 hours before bed (up to 3 to 5 cups per day).
- V. Eat a bit less.** Rather than eating until you are full, eat until you feel content. Overall, you should be eucaloric (eat as much as you burn) or hypocaloric (a slight caloric deficit) most days.
- VI. Have a diverse diet of 30 or more natural ingredients.** This can include vegetables, fruits, herbs, spices, legumes, mushrooms, etc. Each type is a different ingredient (e.g., oyster mushrooms and shiitake mushrooms count as two ingredients). As the American Gut Project found, doing so will improve your overall health, microbiome, and even mood.
- VII. Avoid deficiencies, inadequacies, and consume longevity molecules.** Even with the healthiest of diets, it's unlikely you have adequate levels of selenium, vitamin D3, vitamin K2, B vitamins, magnesium, iodine, potassium, and choline. Eat choline rich foods, like egg yolks, fish, and broccoli. For potassium, consider using Lite Salt. For the rest, supplement. Also, take smart longevity supplements, like NOVOS Core, Vital, and Boost.
- VIII. Consume fermented foods** like kimchi, sauerkraut, natto, kombucha, yogurt, etc. These foods will further improve your microbiome, which offers a multitude of benefits ranging from nutrient absorption from food, mood, overall health, and longevity.
- IX. Minimize your alcohol intake.** The most recent studies have shown that even the smallest intake of alcohol has a negative impact on health. If you are going to drink, try to keep it to one serving per day and have alcohol-free days.
- X. Replace animal milk or yogurt with low-sugar, plant-based milk or yogurt** (e.g., coconut, pea, or hemp). Cheese is allowed in moderation.

## Footnotes

- <sup>1</sup> Fatty fish like salmon, mackerel, herring, anchovies, and sardines.
- <sup>2</sup> Healthy fats include extra virgin olive oil, walnut oil, flax seed oil, avocado and avocado oil.
- <sup>3</sup> Options include turmeric, parsley, thyme, rosemary, basil, oregano, mint, cinnamon, cardamom, vinegars (balsamic, raspberry, apple cider), garlic, onion, and lemon juice.
- <sup>4</sup> Lite Salt contains 45% sodium, 55% potassium.
- <sup>5</sup> Water can be flavored with lemon, lime, cucumber, berries, sage, thyme, or NOVOS Core.
- <sup>6</sup> Consume 1 to 4 cups of coffee per day, and avoid drinking within 10 hours of bedtime, unless it's decaffeinated.
- <sup>7</sup> Especially B vitamins, iodine, selenium, Vitamin D, Vitamin K2, magnesium, and low TOTOX fish oil if you don't consume adequate fatty fish.
- <sup>8</sup> Longevity supplements are specially formulated, studied, and found to counteract significant aspects of biological aging. Most products that claim to be longevity supplements actually aren't.
- <sup>9</sup> The higher the percentage, the better.