

# THE RWA LONGEVITY DIET

## The 7 Simple Rules of a Longevity Diet

**1** Eat much less bread, potatoes, pasta and rice.

Replace potatoes, pasta, and rice with (extra) vegetables (mainly), legumes, mushrooms or quinoa. Replace bread in the morning for example with oatmeal / chia seed / cauliflower / chickpea porridge made with plant-based milk (e.g. hazelnut, cashew, almond milk).

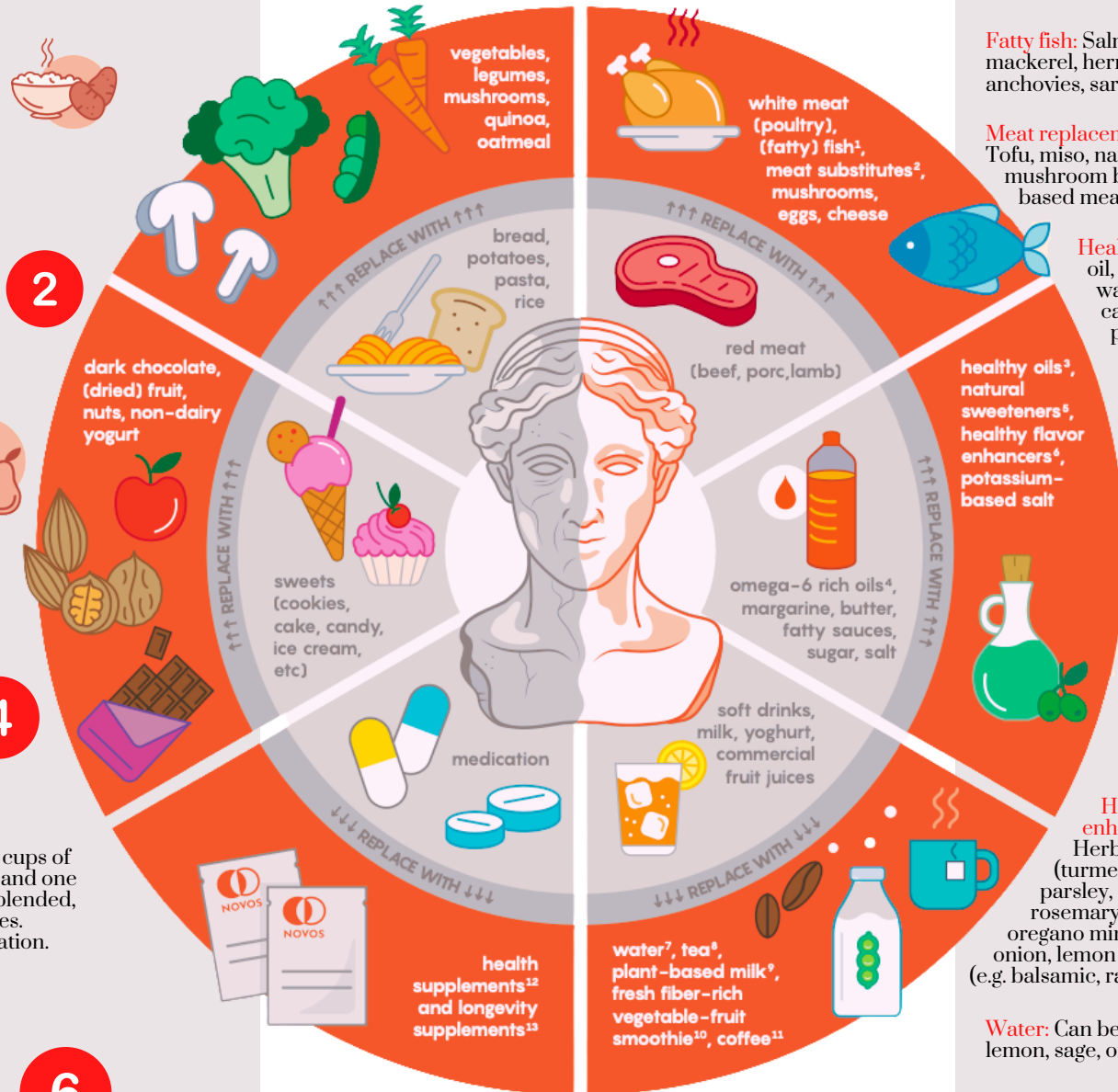
**3** Vegetables are the base of the longevity diet. Fruit, legumes, mushrooms, and quinoa are healthy additions.

**4** Eat little or no red meat (beef, pork, and sheep) and more fatty fish (salmon, mackerel, herring, anchovies, and sardines), poultry (chicken, turkey), tofu or fungi-based meat substitutes.

**5** Drink lots of water, several cups of green or white tea per day, and one glass of freshly pressed or blended, fiber-rich fruits or vegetables. Coffee is allowed in moderation. Use alcohol very sparingly.

**6** Replace animal milk or yogurt with plant-based (soy, hazelnut, almond, cashew) milk or yogurt. Cheese and eggs are allowed in moderation.

**7** Take smart health supplements, such as selenium, vitamin D3, vitamin K2, B vitamins, magnesium malate, and iodine. Take smart longevity supplements.



## Legend

**Fatty fish:** Salmon, mackerel, herring, anchovies, sardines

**Meat replacements:** Tofu, miso, natto, tempeh, mushroom based or pea-based meat substitutes.

**Healthy oils:** Olive oil, flax seed oil, walnut oil, canola oil, perilla oil.

**Unhealthy omega-6 rich oils:** Corn oil, sunflower seed oil, palm oil, sesame oil.

**Healthy sweeteners:** Stevia, erythritol, tagatose, xylitol, applesauce, banana mash, monk fruit.

**Healthy flavor enhancers:** Herbs and spices (turmeric, parsley, thyme, rosemary, basil, oregano mint), garlic, onion, lemon juice, vinegar (e.g. balsamic, raspberry).

**Water:** Can be flavored with lemon, sage, or thyme.

**Tea:** White tea, green tea, ginger tea, black tea, chamomile tea.

**Plant-based milk:** Hazelnut milk, almond milk, soy milk, coconut milk, cashew milk, etc.

**Smoothie:** Preferably made from low-sugar fruit like blueberries, blackberries, strawberries, as well as vegetables.

**Coffee:** Maximum of 3-5 cups per day, no later than 6 hours before bed.

**Health supplements:** B vitamins, iodine, selenium, vitamin D, vitamin K2, magnesium.

**Alcohol:** Maximum one drink per day; include alcohol-free days.

**Calorie restriction & meal timing:** Eating 25% less extends lifespan. Try to eat 2 meals per day instead of 3 meals per day. Try to skip dinner. Attempt to go 12-16 hours without food each day (this includes time spent asleep).

**Exercise:** Try to exercise at least 4 times per week.

**Relaxation:** Regular meditation, yoga, prayer, self-hypnosis, or deep-breathing exercises.

**Social contact:** Spend time with family, friends, join clubs, do volunteer work.



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