

Reading

Eating To Break 100: Longevity Diet Tips From The Blue Zones

Want to live to be 100? It's tempting to think that with enough omega-3s, kale and blueberries, you could eat your way there.

But one of the key takeaways from a new book on how to eat and live like "the world's healthiest people" is that longevity is not just about food.

The people who live in the Blue Zones — five regions in Europe, Latin America, Asia and the U.S. researchers have identified as having the highest concentrations of centenarians in the world — move their bodies a lot. They have social circles that reinforce healthy behaviors. They take time to de-stress. They're part of communities, often religious ones. And they're committed to their families.

But what they put in their mouths, how much and when *is* worth a close look, too. And that's why [Dan Buettner](#), a National Geographic explorer and author who struck out on a quest in 2000 to find the lifestyle secrets to longevity, has written a follow up to his original book on the subject. The new book, called *The Blue Zones Solution*, is aimed at Americans, and is mostly about eating. Why should we pay attention to what the people in the relatively isolated Blue Zone communities eat? Because, as Buettner writes, their more traditional diets harken back to an era before we Americans were inundated with greasy fast food and sugar. And to qualify as a Blue Zone, these communities also have to be largely free of afflictions like heart disease, obesity, cancer and diabetes. So clearly they're doing something right.

1. According to the article, what is helping people from Blue Zone live longer?

2. Do you agree with the text?

3. What is your opinion?

Speaking

Interview 3 people using the following questions. Be ready to report this to the class.

Questions	Person 1	Person 2	Person 3
1.What do you do to stay in shape?			
2.Do you go to a gym?			
3.Where did you usually exercise?			
4.Do you eat junk food?			