

NEW / NEW YEAR / YOU

EAT LIKE A CENTENARIAN

Across the world, several communities are known as blue zones or a set of characteristics that have produced the world's longest-lived people. Many live to a healthy 100 because their surroundings nudge them to practice the healthiest behaviors: moderate exercise, stress management, social connection and eating well. While each blue zone eats different regionally-based foods, they have many commonalities that contribute to their health and longevity. If you want to live to a healthy 100, include the following tips in your diet pattern.

BLUE ZONES

IKARIA, GREECE
LOMA LINDA, CALIFORNIA
NICOYA PENINSULA, COSTA RICA
OKINAWA, JAPAN
SARDINIA, ITALY

1 EAT A 90–100% PLANT-BASED DIET.

People in blue zones consume about 10 ounces of meat per month, in 2-ounce portions. Fish is consumed in 3-ounce portions up to 3 times per week. Cow's milk does not factor into many blue zone diets and eggs are eaten only two to four times per week. Be sure to choose whole foods versus highly processed food, like sweet potatoes, walnuts or kale.

2 GET A DAILY DOSE OF BEANS!

Beans are nature's perfect package - naturally low in fat and high in protein, fiber and phytonutrients. People in blue zones eat a half cup per day. Try lentils, chickpeas, black-eyed peas, cannellini beans or soybeans!

3 SLASH YOUR SUGAR INTAKE.

People in blues zones eat sugar intentionally, not out of habit or accident. They consume 7 teaspoons (28 gm) or less of added sugar daily.

4 MUNCH ON NUTS.

Nuts contain good-for-you fats and antioxidants. People in blue zones report eating up to 2 ounces (about 2 handfuls) of nuts per day.

5 CHOOSE WHOLE GRAIN OR SOURDOUGH BREAD.

These blue zone bread choices may promote healthy blood sugar levels and digestion due to the fiber in whole grains and the fermentation process in sourdough.

6 DRINK MOSTLY WATER

Water provides the proper hydration our bodies need. Unsweetened coffee and tea are also good blue zone beverage choices.

St. Charles AAA

January 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
CLOSED	Sausage/Pinto Beans Rice Tossed Salad Turnip Greens Cornbread Chocolate Chip Creme Margarine Salad Dressing	Turkey & Penne Pasta Broccoli Glazed Carrots Wheat Bread Apple Juice Margarine	Breakfast Sausage or Sliced Ham Grits Cranberry Juice O'Brien Potatoes Biscuit Fruit & Grain Bar Margarine	Meatloaf Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Chocolate Pudding
10	11	12	13	14
Turkey & Sausage Jambalaya Cabbage Carrots Dinner Roll Fudge Round Margarine	Ham & White Beans Brown Rice Collard Greens Apple Juice Cornbread Fig Bar Margarine	Chicken and Sausage Gumbo Rice Okra & Tomatoes Potato Salad Saltine Crackers Birthday Cake Ice Cream	Hamburger Lettuce/Tomato/Pickle Chuckwagon Corn Hamburger Bun Tropical Fruit Crisp Chocolate Milk Mayonnaise Mustard/Ketchup	Pork Riblet Pork Gravy California Vegetables Whipped Potatoes Wheat Bread Raisin Crème Cookie
17	18	19	20	21
CLOSED	Chicken & Rice Stewed Tomatoes Southern Green Beans Wheat Bread Star Crunch Margarine	Ham/Black-eyed Peas Rice Carrots Pickled Beets Cornbread Fresh Orange Margarine	Beef Meat Sauce with Penne Pasta Tossed Salad Italian Vegetables Dinner Roll Apple Cobbler Assorted Dressing	Turkey & Cheese Lettuce & Tomato Pasta Salad Wheat Bread Seasonal Fruit Mayonnaise Mustard
24	25	26	27	28
Lemon Herb Chicken Brussels Sprouts Glazed Carrots Dinner Roll Oatmeal Creme Pie Margarine	Hot Dog with Chili Orange Juice Parslied Potatoes Hot Dog Bun Spiced Apples	Beef Taco with Cheese Lettuce & Tomato Pinto Beans Tortilla Chips Fresh Orange Taco Sauce	Sliced Ham Raisin Sauce Broccoli & Cauliflower Yams Wheat Bread Fruited Gelatin Margarine	BBQ Chicken (Bone-in) Corn O'Brien Southern Green Beans Wheat Bread Seasonal Fruit Margarine
31				
Turkey Breast Brown Gravy Cheesy Potatoes Glazed Carrots Wheat Bread Star Crunch Margarine		Each Meal is Served with 1/2 Pint of 2% Milk		