



15 TOP LONGEVITY Foods

CHEATSHEET BY
LONGEVITYADVICE.COM

Foods with scientific evidence that they may help you live longer, and may extend your healthspan and vitality.



AVOCADOS

Avocado consumption (2x/day) is linked to lower risk of heart disease. Avocados are also high in oleic acid, which has been shown to increase lifespan in mice.

<https://doi.org/10.1161/JAHA.121.024014>



BLUEBERRIES

Blueberries are high in anti-inflammatory polyphenols. Blueberry extract has been shown to extend life in fruit flies by 10%, and improve memory in humans.

<https://doi.org/10.1016/j.exger.2011.12.001>



CARROTS

Carrots contain several powerful longevity-compounds. One of them extends the life of roundworms and reduces age-related frailty in mice.

<https://doi.org/10.1038/s41467-023-43672-7>



COFFEE

Coffee consumption (even up to 8x cups/day) is linked to lower mortality risk. It also reduces cancer and cardiovascular risk, even when decaffeinated.

<https://doi.org/10.1001/jamainternmed.2018.2425>



DRIED PARSLEY

Dried parsley is high in apigenin, a potent anti-inflammatory compound that can improve mitochondrial health and that increases lifespan in fruit flies.

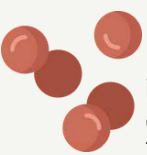
<https://doi.org/10.3390%2Fantiox8020035>



GARLIC

Garlic consumption (more than 5x per week) is associated with longer survival times among old people, and it has anti-cancer effects.

<https://doi.org/10.3390/nu11071504>



LENTILS

Lentils are a low-glycemic index food shown to improve cholesterol and inflammation. They are also high in spermidine, which may have anti-cancer effects.

<https://doi.org/10.3390/nu16030419>



MUSHROOMS

Mushrooms have tons of health benefits, including protection from cognitive decline and cancer. Reishi mushrooms also extend the life of roundworms by 26%.

<https://doi.org/10.1039/d3fo04166b>



OLIVE OIL

Olive oil contains oleic acid, like avocados. It may also be responsible for the lifespan benefits of the Mediterranean Diet as its compounds target all the hallmarks of aging.

<https://doi.org/10.3390/molecules21020163>



OYSTERS

Oysters are rich in nutrients like zinc, vitamin B, and selenium. They also contain high amounts of omega 3 fatty acids good for heart health and cancer protection.

<https://doi.org/10.3390/antiox10101629>



POMEGRANATE

Pomegranates are high in Urolithin A, a compound that protects against aging and inflammation. Pomegranate juice has been shown to extend roundworms' lifespan.

<https://doi.org/10.1024/0300-9831/a000570>



ROSEMARY

Rosemary activates AMPK, the body's repair and longevity pathway. It's been shown to extend the lifespan of fruit flies, roundworms, and mice.

<https://doi.org/10.3390/antiox9090811>



WHEAT GERM

Wheat germ is one of the highest sources of spermidine, a compound linked to life extension in honeybees, and to reduced brain aging in humans.

<https://doi.org/10.1002/fsn3.3650>



WHITE TEA

Tea contains the compounds EGCG and l-theanine, both of which have health and anti-aging effects. White peony tea has high EGCG content while being lowest in heavy metals.

<https://doi.org/10.1038/s41467-023-43672-7>



WILD SALMON

Wild Pacific sockeye salmon avoids pollutants while migrating. It is rich in heart-healthy omega-3s and has extended lifespan in dogs, mice, and roundworms.

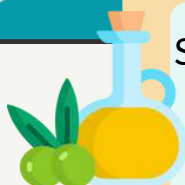
<https://doi.org/10.1016/j.atherosclerosis.2006.06.018>

DAILY LONGEVITY MEALS EXAMPLE



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BREAKFAST



Steamed greens seasoned with garlic, rosemary, dried parsley and lemon juice, drizzled with olive oil. Soft boiled eggs³, with sliced avocado on the side. Fresh coffee or white tea.

TIP



Try to front-load your calories in the morning. Research suggests your metabolism is highest then.¹

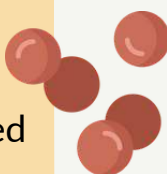
LUNCH

Wheat germ and almond flour porridge with blueberries. Pomegranate on the side. Iced white tea.



DINNER

Lentils and roasted carrots with mushrooms, seasoned with garlic, rosemary and dried parsley, drizzled in olive oil. Baked salmon with lemon and olive oil.



FASTING

Consider skipping dinner, as fasting may have longevity benefits.²

References:

- <https://doi.org/10.1002/oby.22518>
- <https://doi.org/10.1016/j.cmet.2022.09.007>
- <https://doi.org/10.1038/ijo.2008.130>

For further reading:

- <https://www.longevityadvice.com/healthiest-olive-oil/>
- <https://www.longevityadvice.com/tea-health/>
- <https://www.longevityadvice.com/do-coffee-drinkers-live-longer/>
- <https://www.longevityadvice.com/mediterranean-diet/>