

Contents

INTRODUCTION | 7

PART I THE BLUE ZONES

CHAPTER 1

Sardinia | 26

CHAPTER 2

Nicoya | 54

CHAPTER 3

Loma Linda | 88

CHAPTER 4

Ikaria | 120

CHAPTER 5

Okinawa | 150

CHAPTER 6

Singapore | 176

PART II BUILDING YOUR BLUE ZONE

CHAPTER 7

The Power 9 | 210

CHAPTER 8

The Blue Zones Food Guidelines | 232

CHAPTER 9

Create Your Blue Zone | 248

EPILOGUE | 272

ACKNOWLEDGMENTS | 274

SELECT SOURCES | 275

ILLUSTRATIONS CREDITS | 277

INDEX | 279