

Top 10 Foods for Longevity

Ten foods consistently linked with longer, healthier lives in large studies, including legumes, nuts, whole grains, and olive oil, with cautions.

1 Legumes (Beans, Lentils, Soy)

Fiber, plant protein, folate

Serving: 1/2 to 1 cup cooked daily

The strongest dietary predictor of survival in one multinational study.

2 Nuts

Unsaturated fats, fiber, magnesium

Serving: 1 oz daily

Daily nut eaters had about 20% lower mortality.

3 Whole Grains

Fiber, magnesium, B vitamins

Serving: 3 servings (90 g) daily

Three daily servings linked to lower all-cause mortality.

4 Vegetables and Fruits

Fiber, potassium, vitamins C and K

Serving: At least 400 g (5 servings) daily; up to 800 g

Up to 800 g daily linked to fewer premature deaths.

5 Extra-Virgin Olive Oil

Monounsaturated fat, polyphenols

Serving: 2-4 tablespoons daily

Core fat in Mediterranean diets tied to fewer cardiovascular events.

6 Fatty Fish

EPA/DHA omega-3s

Serving: 2 servings per week

Regular intake associated with lower cardiac death.

7 Berries

Anthocyanins, fiber

Serving: 1 cup several times weekly

Polyphenol-rich fruit associated with healthy aging.

8 Green Tea and Coffee

Polyphenols, caffeine

Serving: 2-4 cups daily for most adults

Moderate intake associated with lower mortality in cohorts.

9 Yogurt

Protein, calcium, live cultures

Serving: 1 cup most days

Fermented dairy linked to healthier weight and metabolic health.

10 Cruciferous Vegetables (Broccoli, Cabbage, Kale)

Glucosinolates, vitamin C, vitamin K

Serving: 1/2 to 1 cup most days

Fiber and glucosinolates within longevity-linked diets.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/longevity/