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Brian M. Delaney , Lisa Walford Hachette Books , May 25, 2010
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The Longevity Diet | ProLon FMD

Longevity Diet for Adults Eat mostly vegan, plus a little fish, limiting meals with fish to a maximum of two or three per week. Choose fish, crustaceans, and mollusks with a high omega-3, omega-6, and vitamin B12 content (salmon, anchovies, sardines, cod, sea bream, trout, clams, shrimp).

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by biochemist Valter Longo, Ph.D., director of the USC Longevity Institute at the USC Leonard Davis School of Gerontology, and is meant to help people live longer, healthier lives. The longevity diet recommends following a plant-based diet that includes little-to-no meat and poultry and periodic fasting.

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The clinically tested answer is yes, and The Longevity Diet by Valter Longo, PhD is the program to help you live a longer, healthier life. Among the longevity factors within your control, what you eat is the primary choice you can make that will affect whether you live to 60, 80, 100, or 110—and more importantly, whether you will get there in good health.

Daily Longevity Diet for Adults - Valter Longo

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