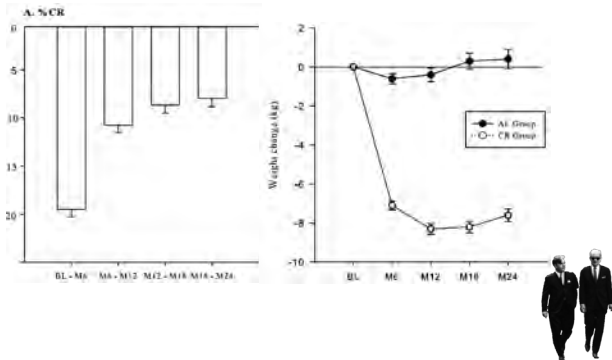


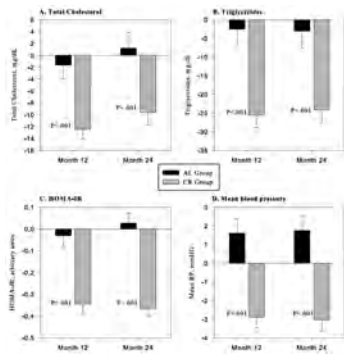
A 2-Year Randomized Controlled Trial of Human Caloric Restriction: Feasibility and Effects on Predictors of Health Span and Longevity

Eric Ravussin et al. *J Gerontol A Biol Sci Med Sci*, 2015, Vol. 70, No. 9, 1097-1104



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Primary Prevention of Cardiovascular Disease with a Mediterranean Diet

Ramón Estruch, et al.

Olive oil ≥ 4 tbsp/day



Tree nuts and peanuts ≥ 3 servings/wk



Fresh fruits ≥ 3 servings/day



Vegetables ≥ 2 servings/day



Fish (especially fatty fish), seafood ≥ 3 servings/wk



Legumes ≥ 3 servings/wk



Sofrito ≥ 2 servings/wk



White meat instead of red meat



Wine with meals ≥ 7 glasses/wk



N Engl J Med 2013; 14:368

World record times for running 5,000 meters according to age and sex.

