

<https://www.youtube.com/watch?v=TWfFU0KZDJo>

Sardinia

The five blue zones are as follows:

- The Italian island of Sardinia.
- Okinawa, Japan.
- Loma Linda, California.
- Costa Rica's isolated Nicoya Peninsula.
- Ikaria, an isolated Greek island.

Fresh Food From The Garden Or Local Farmer

Sardinians have a very healthy lifestyle in connection with the seasons of the earth. Each new season brings new fruits and vegetables to the island. They have been taught where to find wild fruits and herbs from the land, which surrounds them. They eat mainly wholegrain bread, homegrown vegetables and only a small amount of sugar. They still hunt their meat, catch their fish, and harvest the food what they eat. Tight-knit towns like to share the produce from their gardens with their friends and family.

Sardinian Sheep Cheese

Sardinians typically eat little meat unless for a festival or celebration. Due to the tradition of sheep rearing, they have always made their own sheep cheese, which is high in protein, Omega-3 fatty acid, while containing low amounts of cholesterol. The sheep roam free, eating grass, which I believe would play a role in producing higher quality milk.



Spending Time Together Everyday

Lunch is the biggest meal of the day, members of the family return from work to join the feast. In traditional style families, it is common for Sardinian women to spend mornings at home looking after the children and preparing food, often you will find two or three generations of women cooking together to make a family meal. Sardinians live very social lives, whether working on the fields, playing cards in the bars or gathering together in the late afternoon to watch the happenings about in the town.

An Active Lifestyle Following Natures Seasons

Their traditional lives involve agricultural work and the tending to their land. This continues to the present day. Men go out to work on the fields, attending to vineyards, pruning fruit trees, watering the vegetable garden or herding sheep. These jobs keep the body strong and healthy. They also enjoy walking to observe the countryside, especially to aid digestion following a hearty meal.

A Deep Spirituality And Belief In God

Another factor that shouldn't be overlooked would be the religious and spiritual values of Sardinians. They are traditionally strict Catholics, like the rest of Italy and a right proportion still attend mass. The religious element gives Sardinians a sense of purpose and meaning to their lives. While religious festivals and events offer a structure. They also have a deep connection to mother nature.

