

# "Longevity and Diet"

## Key Take Home Messages



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- 01** Use the principles of the **Mediterranean Diet** including plenty of **extra virgin olive oil** and a controlled intake of **red wine** (if you wish)
- 02** Include **fermented foods** in your daily diet as a source of natural probiotics e.g. matured cheese, natural yogurt, kefir, fermented vegetables, sourdough breads (with long fermentation process)
- 03** **Avoid ultra processed foods** - all ingredients should be those you could find in any domestic kitchen
- 04** The jury is still out on **intermittent fasting** - making the changes above may be a tastier and more sustainable way of improving your health than fasting



# Useful Resources



Zoe Science & Nutrition Podcast  
by King's College London with  
Tim Spector & Team



Episode 2nd September

With Simon Hill

**METABOLIC HEALTH MASTERCLASS** | **THE PROOF**  
EVERYTHING YOU NEED TO KNOW ABOUT METABOLIC HEALTH | EP 329  
MOVE EAT SLEEP

2 September · 3 hrs 1 min left

**Everything you need to know about metabolic health | Metabolic Health Masterclass**

The Proof with Simon Hill >





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