

BLUE ZONES HEALTHY DISH GUIDELINES



BLUE ZONES PROJECT®

Follow these guidelines to create ‘plant slant’ entrées approved by Blue Zones Project® for your restaurant. These guidelines are derived from diets of the world’s longest lived people. Although restaurants do not need to change any particular menu item to achieve Blue Zones Project Approved™ status, only menu items that adhere to the Healthy Dish Guidelines may be marked as “Blue Zones® Inspired.”

To create entrées or menus bearing the label “Blue Zones® Inspired,” all ingredients must meet the below criteria. If the criteria does not apply mark the box with “N/A.” For children’s entrées, ensure that the portion size is appropriate for a child. Salads are excluded. Add two extra points towards your overall certification score for each entrée offered.

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- Features plant-based foods (vegetables, beans, whole grains, fruits, nuts, tofu, quinoa, tempeh, seitan, plant-based meat substitutes).
- For breakfast entrées, may use one whole egg. Preferably use organic free-range eggs. Tofu scramble is an alternative to scrambled eggs.
- Includes at least one vegetable. Examples of commonly used vegetables in blue zones areas are broccoli, asparagus, sautéed kale, baked yams/potatoes, and carrots.
- Does not include fried foods of any kind (i.e. French fries). Sautéing at low temperatures is a good alternative.
- Uses only 100 percent whole-grain versions of pasta, pizza, tortillas, breakfast cereals, and other flour-based foods. A whole grain has 100 percent of the original kernel present.
- Uses brown rice or other whole-grain alternatives (i.e. quinoa, barley, buckwheat) instead of white rice.
- Uses 100 percent whole grain or sprouted-grain breads instead of white bread, with the exception of sourdough bread.
- Uses olive oil and canola oil instead of butter.
- Uses nut butters, hummus, and mustard as alternatives to mayonnaise.
- Uses fewer than six teaspoons of added sugars. Preferably uses honey, unrefined whole-cane sugar, or other natural sweeteners.
- If including dairy, limit to goat’s milk, sheep’s milk, or products made from these milks.