

LONGEVITY FOOD

I CIBI PIÙ RICCHI DI ANTIOSSIDANTI

VERDURA

asparagi • cavoli • cipolle
lattuga • melanzane • radicchio



FRUTTA

arance rosse • cachi • ciliegie
fragole • frutti di bosco • mele
prugne • uva



CEREALI INTEGRALI



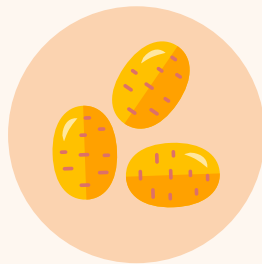
LEGUMI



OLIO EXTRA VERGINE D'OLIVA



PATATE



SEMI OLEOSI



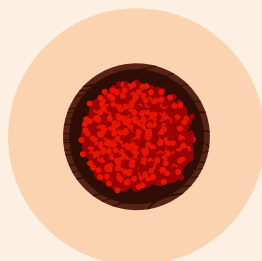
CURCUMA



PEPERONCINO



PAPRIKA



CIOCCOLATO EXTRA FONDENTE



TÈ VERDE

