

CONTRIBUTION

Send a word file indicating:

- Last Name and Name
- City
- Country
- Nationality
- Age (optional)
- Recipe and/or history and/or tradition etc.
- A short biography (maximum 3 lines)
- Language of the contribution (see the accepted languages)
- Title of the file "Surname-Name-Recipe" or "Surname-Name-Story" (ex. Lucia-Billa-Recipe)

RECIPES

How can you identify longevity recipes from around the world and their ingredients? Please,

- The Longevity Diet for adults, children and teenagers, during pregnancy, and breastfeeding that you will find in the Healthy Longevity / Staying Young and Healthy section of our website
- and/or Professor Longo's books "The Longevity Diet", "AT Longevity's Table", "Longevity Begins as Children", and "Fasting Cancer"

The recipe should include:

- Type of dish (appetizer, snack, first course, second course, dessert, side dish, main dish) [if applicable]
- What country or area it comes from
- Number of people the recipe is for
- Ingredients (if they are not internationally known, explain what they are)
- Amount of the ingredients
- Detailed preparation
- Why do you think it is a recipe for healthy longevity and how did you know this recipe? (maximum 5 lines)
- Stories or traditions connected to the recipe
- Photos (optional)

STORIES AND TRADITIONS

Interesting and engaging stories and traditions related to one or more items from the following list:

- healthy diet and nutrition
- recipes,
- balanced lifestyle,
- exercise,
- longevity values for a healthy and long life within inclusive and sustainable societies and communities such as: sociability, family ties, friendship, personal satisfaction, active participation in community life, offering one's contribution to the community, solidarity (see David Buettner's article "The Blue Zones" - "National Geographic")

Please specify:

- Place where the story takes place or where the tradition comes from
- Date or time period
- Sources
- Names of people: only with their permission
- Any authorized photos

LANGUAGES

You can send your contributions in the following languages:

- Italian
- English
- French
- Spanish
- German
- Portuguese

