



Fasting-Mimicking & Longevity Nutrition

How It Works

Daily Nutrition for
Greater Well-Being

Implementing Longevity Nutrition in Everyday Life

1.

Two meals plus a snack daily
(for underweight individuals:
three meals plus a snack)

5.

Consume **healthy, plant-based fats** daily (nuts, flaxseeds, high-quality oils, etc.)

9.

Preferably choose foods that
are grown in your **region**

2.

The Longevity diet is **plant-based** – very few animal products, pollutant-free fish up to 2–3 times per week (avoid red meat)

6.

Small but sufficient protein intake up to the age of 65–70, primarily from plant-based sources (0.7–0.8 g/kg body weight)

10.

Occasionally longer fasting periods (5 days) for those under 65: Longo's nutrition concept is complemented by the effects of **fasting-mimicking**, which avoids the risks and challenges of traditional fasting and is adapted to an active lifestyle.

3.

The foundation of the diet is **complex carbohydrates** in the form of whole-grain bread, vegetables, whole grains, and legumes

7.

Ensure daily intake of all necessary micronutrients:
for safety, use LaVita as a supplement with all essential micronutrients

4.

Minimize sugar and low-quality fats

8.

Eat within a **12-hour time window**





Occasional treatment

5-day fasting-mimicking diet



Fully plant-based diet: The selection of foods stimulates cell regeneration and mimics traditional fasting without requiring complete food abstinence—and without the drawbacks such as fatigue or weakness.

Day 1: 1,100 kcal

- 500 kcal of complex carbohydrates from vegetables, mushrooms, etc.
- 500 kcal of healthy fats (walnuts, almonds, olive oil, etc.)
- LaVita: supplement with all essential micronutrients
- 1 tablespoon of flaxseed oil for additional omega-3 fats
- 3–4 cups of unsweetened tea
- 25 g of plant-based proteins, mainly from nuts
- Water as desired

Days 2–5: 800 kcal

- 400 kcal of complex carbohydrates from vegetables, mushrooms, etc.
- 400 kcal of healthy fats (walnuts, almonds, olive oil, etc.)
- LaVita: supplement with all essential micronutrients
- 1 tablespoon of flaxseed oil for additional omega-3 fats
- 3–4 cups of unsweetened tea
- Water as desired

Afterwards:

24 hours after the fasting-mimicking period, Longo recommends primarily complex carbohydrates (vegetables, grains, whole-grain bread, fruit, fruit juices, nuts)



Important: Fasting-mimicking is suitable for all healthy individuals under 70. Longo recommends consulting a doctor before starting the fasting-mimicking period. If you have pre-existing conditions or take medication, please also consult your physician to discuss whether fasting-mimicking is possible and what individual considerations should be taken into account. Pregnant women, underweight individuals, and those over 70 should not follow fasting-mimicking according to Longo.

