

THE BLUE FOOD



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Den blå maten

Niklas Ekstedt & Henrik Ennart
190x230, 160p

*Based on research into the Blue zones – geographical areas in which the probability of living to a hundred is the highest in the world – Henrik Ennart has delved into the dietary secrets of longevity, while Niklas Ekstedt cooks up his own interpretations of 52 dishes, a joint effort resulting in **The Blue Food**.*

Research reveals that people who live in the Blue zones are healthier or less likely to develop circulatory diseases, diabetes or even different types of cancer. And the food they eat is not only healthy, it's delicious too. The authors take us on a culinary journey to Italy, Greece, Japan, Latin America and Sweden. Blue zone diets are based on fresh, local produce, omitting industrially processed convenience foods. All the recipes in the book are easy to make with ingredients available in supermarkets.

About the authors



Niklas Ekstedt is one of the most well-known chefs in Sweden and has featured in numerous TV food programmes. He manages several restaurants, one of which (Ekstedt) has held a Michelin star for a number of years. **Henrik Ennart** is a multi-award-winning scientific journalist and author. He has written the book *Åldrandets gåta* (*The mystery of aging*) which contains a number of reports from Blue zone areas. Ennart has also made a documentary about aging and the Blue zone in Sweden.

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