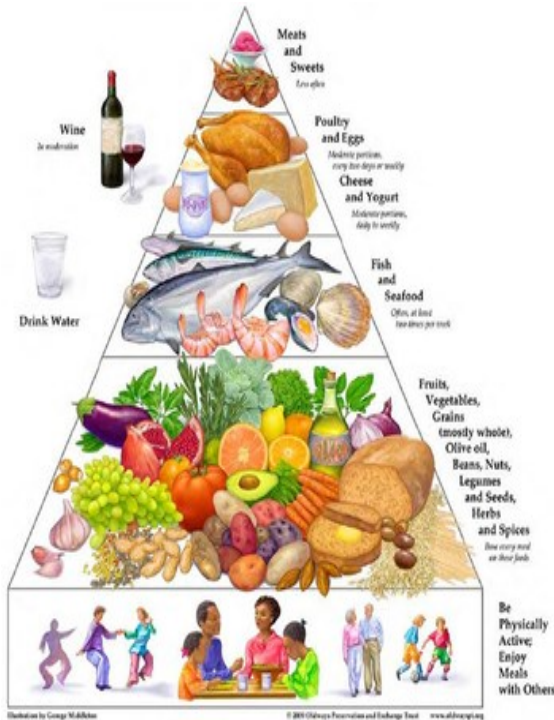


United Seniors Association of Pittsburgh Presents

INDO-MEDITERRANEAN DIET & FITNESS



By
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Educator
and
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REFORM

PERFORM

TRANSFORM

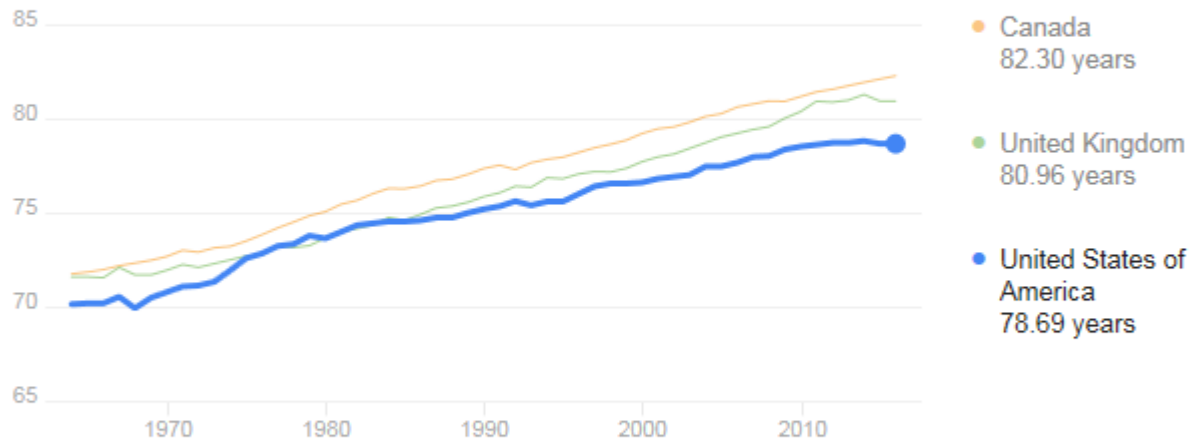
11 COUNTRIES WITH HIGHEST LIFE EXPECTANCY

HONG KONG	84.0 YRS.
JAPAN (OKINAWA)	83.6 YRS.
SPAIN	83.1 YRS.
SWITZERLAND	82.8 YRS.
ITALY	82.7 YRS.
SINGAPORE	82.6 YRS.
FRANCE	82.4 YRS.
AUSTRALIA	82.3 YRS.
ISRAEL	82.2 YRS.
SOUTH KOREA	82.2 YRS.
LUXEMBOURG	82.2 YRS.

life expectancy in the united states

United States of America / Life expectancy

78.69 years (2016)



 [Explore more](#)

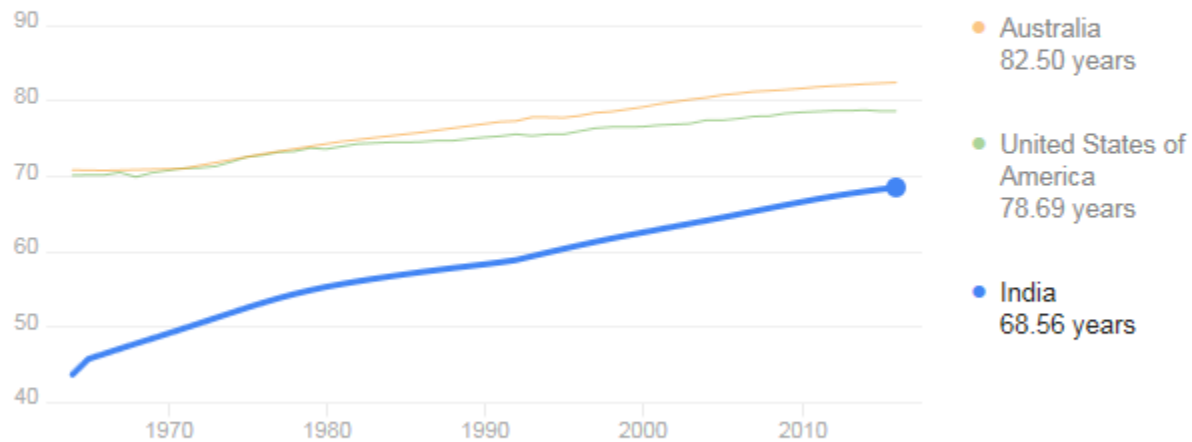
Sources include: World Bank

[Feedback](#)

life expectancy in India

India / Life expectancy

68.56 years (2016)



 [Explore more](#)

List of Indian states by life expectancy at birth

Rank ↕	State ↕	Life expectancy at birth	
		(2010-14) ^[5] ↕	(2002-06) ^[6] ↕
1	Kerala	74.9	74.0
2	Delhi	73.2	-
3	Jammu and Kashmir	72.6	-
4	Uttarakhand	71.7	60.0
5	Himachal Pradesh	71.6	67.0
5	Punjab	71.6	69.4
5	Maharashtra	71.6	67.2
8	Tamil Nadu	70.6	66.2
9	West Bengal	70.2	64.9
10	Karnataka	68.8	65.3
11	Gujarat	68.7	64.1
12	Haryana	68.6	66.2
13	Andhra Pradesh (includes Telangana)	68.5	64.4
14	Bihar	68.1	61.6
*	India	67.9	63.5
15	Rajasthan	67.7	62.0
16	Jharkhand	66.6	58.0
17	Odisha	65.8	59.6
18	Chhattisgarh	64.8	58.0
19	Madhya Pradesh	64.2	58.0
20	Uttar Pradesh	64.1	60.0
21	Assam	63.9	58.9

INDIA : LIFE EXPECTANCY

Male	Female	Total	World Rank
67.4	70.3	68.8	125

According to the latest WHO data published in 2018 life expectancy in India is: Male 67.4, female 70.3 and total life expectancy is 68.8 which gives India a World Life Expectancy ranking of 125. You can see the leading causes of death data and rankings for India by clicking on the links below or select the full country health profile at the bottom of the page.

How are Japanese people able to live so long and stay so healthy !

Don Murray, 10+ year Ex-pat, 35 year Japanophile

Answered Sep 30, 2017

Here are 3 reasons:

One is that they don't supersize their food and consume huge quantities of sugar, fat, and trans-fat. Nor are they constantly gulping down quart sized cups of sugary soda. They also tend to eat less red meat, more fresh vegetables and fewer processed foods. They also drink a lot of green tea which has substantial health benefits.

Two is genetic – there is something that gives them a little edge in life expectancy. Japanese have some of the highest life expectancy in the world.

Three is more physical exercise. More Japanese do walking bicycling; even stair climbing at train stations than western slugs who sit behind their dashboard, then sit at a desk all day, then sit on sofa in front of the idiot box. Around 70% of Japan is mountainous and even cities have some hills, and that means more legwork for many of them. Many use public transportation on a daily basis, and that means more moderate exercise.

CHANGES DUE TO AGING & MECHANISMS,
THAT COMPROMISE QUALITY OF LIFE

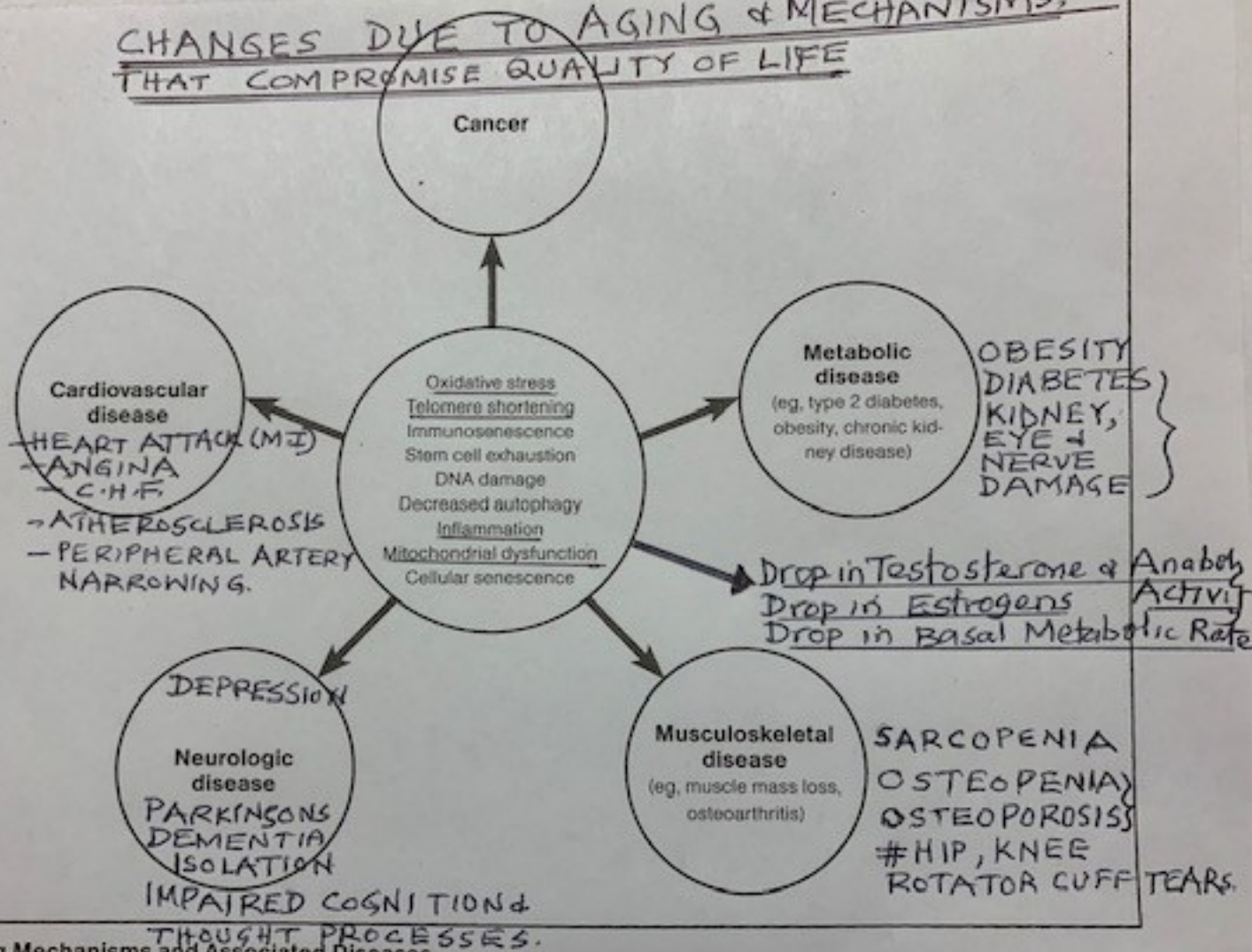


Figure 1. Aging Mechanisms and Associated Diseases

Information from Fontana L, Partridge L. Promoting health and longevity through diet: from model organisms to humans. Cell. 2015;161(1):106-118.

HORMONAL CHANGES

1. TESTOSTERONE LEVELS AT 70 YRS AGE IS 20% OF THE LEVEL AT 20 YRS AGE
TESTOSTERONE HAS ANABOLIC FUNCTION TO BUILD MUSCLE, BONE,
OTHER TISSUES.
2. ESTROGEN LEVELS DROP
3. MEN AND WOMEN BEGIND LOSING 1% OF MUSCLE MASS AND STRENGTH
EACH YEAR STARTING AT AGE 40 YRS

LOSING BONE STRUCTURE

LIFESTYLE FACTORS ACCELERATING DISABILITIES

POOR DIET / TRADITIONAL INDIAN DIET

PROCESS FOODS

LACK OF PHYSICAL ACTIVITIES

LACK OF MENTAL AND SOCIAL ACTIVITY

INADEQUATE OR UNHEALTHY FLUID INTAKE

EXCESS ALCOHOL

CERTAIN DRUGS

CHANGING HABITS TO IMPROVE QUALITY OF LIFE

1. DIET MODIFICATIONS TO INDO-MEDITERRIAN
 - A. RIGHT AMT. OF PROTEIN
 - B. LESS CARBS CLOSE TO 130G/DAY
 - C. SELECTIVE CHOICE OF HEALTHY
 - i) CARBS & FIBER
 - ii) FATS – REPLACE WITH HEALTHY FATS ELIMINATING SATURATED & HYDROGENATED FATS
 - D. PORTION CONTROL / REDUCTION OF CALORIES INTAKE WITHOUT MALNUTRITION
 2. RESTORE YOUR MUSCLE MASS WITH RESISTANCE EXERCISE
 3. LOSE FAT PORTION OF YOUR WEIGHT
 4. SLOW OR REGAIN BONE LOSS
- * INCREASES LONGEVITY AND HEALTH SPAN (Q.L.)



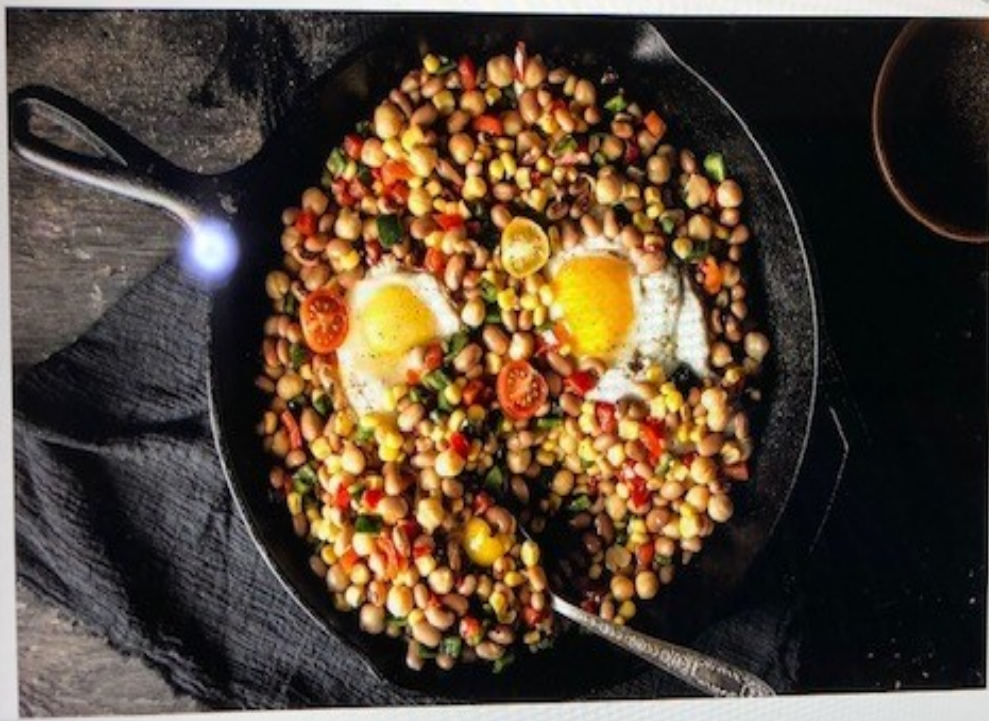


What's the Best Carb, Protein and Fat Breakdown for Weight Loss? | Ask the Dietitian



BY ELLE PENNER, MPH, RD · JUNE 29, 2016 · 153 COMMENTS

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QUESTIONS?