

Traditional Foods Consumed on the Islands of Sardinia and Ikaria

with Known Nutrigenomic Food-Gene Connection, or "Talking" Capability

SARDINIA

Animal Protein

CHEESE: FROM SHEEP OR COW MILK

GOAT, LAMB, PORK, WILD BOAR

Seafood

SEA BASS, BREAM, OCTOPUS, SARDINES, SCAMPI, SQUID, TUNA

Other

SNAILS

Grains (Flour/Barley)

FLATBREAD

SOURDOUGH BREAD

Vegetables

FENNEL, TOMATOES, WILD ASPARAGUS

Legumes

FAVA (BROAD BEANS)

CHICKPEAS

LUPIN BEANS

LENTILS

Herbs

MILK THISTLE, LAUREL, THYME

ROSEMARY

Other

OLIVE OIL

ALMONDS

FIGS

SAFFRON

CANNONAU WINE

IKARIA

Animal Protein

CHICKEN, GOAT, PORK

Seafood

CUTTLEFISH, COD, HAKE, SARDINES, SQUID, OCTOPUS

Fruit

APPLES, CAPERS, CHERRIES, FIGS, OLIVES

Vegetables

CHILI PEPPERS, EGGPLANT, FENNEL, POTATOES, BELL PEPPERS, TOMATOES, ZUCCHINI

WILD GREENS

Legumes

BLACK EYED PEAS, CHICKPEAS

Herbs

ROSEMARY, THYME, OREGANO, SAGE

Other

OLIVE OIL

HONEY

MUSHROOMS

PURSLANE