

In the World Population Review “Healthiest Countries 2021” Report, Spain has been ranked #1 with a health index of 92.75 and Italy ranked #2 with an index of 91.59. The average is 79.27.

In the Bloomberg’s ‘Global Health Index’, countries are evaluated by the World Health Organization and the World Bank.

Several criteria are taken into account in this classification.

For e.g., life expectancy, tobacco use, obesity rate, access to clean water, and sanitation.

In the last decade, Spain registered a decrease in the number of cardiovascular diseases and cancer deaths, and it is expected to have the best life expectancy in the world by 2040 (86 years).

An individual’s health is highly influenced by eating habits. It is significant that the top two countries on the good health index are famous for their “Mediterranean diet”.



A balanced diet with appropriate exercise allows us to be healthy mentally and physically. The Gourmet Boomer brings you Olive Oil, Vinegar and healthy food products that are produced in sustainable methods with natural ingredients.