

SCRIPT:

(Chops Tomatoes)

Sabrina: Its 8:15 on a Wednesday evening in Madrid and Monica mares- a mother of two, is putting the finishing touches on her families evening meal...

Monica: "VOY A CORTAR UN POCO MAS..." (chops more tomatoes)

Sabrina: Every night Mares chops fresh tomatoes and prepares a salad...

Monica: VEGETABLES AND FRUITS ARE ALWAYS ON THE TABLE FOR DINNER AND FOR LUNCH...

Sabrina: Mares is a believer in the Mediterranean diet... heavy on fruits, vegetables, fish and olive oil... it's something doctors say may be part of the reason why Spaniards are on course to have the longest life expectancy of anyone in the world by 20-40...

"TENEMOS CALABASINES CON JAMON Y QUESO... Mira que delicioso..."

Sabrina: Spanish sociology professor David Caro, says there's more to longevity here than just good eating.

David: THE LIFESTYLE IS VERY RELAXING... IF YOU TAKE A GOOD DIET, AND IN ADDITION ADD A LIFESTYLE WITHOUT STRESS, WITH A LOT OF FREETIME, MAYBE SLEEPING MORE, WORKING THE HOURS YOU NEED NO MORE, THE COMBINATION IS VERY GOOD...

According to the institute for health metrics and evaluation... Spain will overtake the current title holder japan and the average life expectancy for Spaniards by 2040 will be almost 86 years.... In Madrid, Sabrina Maggiore, N-C-C News.