

Top 10 Anti-Aging Foods

1. Water

- a. Filtered is best – Spring Water is next best
- b. Drink at least 8-8oz glasses per day (10-12 glasses is optimal)
- c. Other Good Sources of Water:
 - 100% fruit juices
 - 100% vegetable juices
 - Broths & Soups
 - Sparkling Water
 - Teas (Green, White, Black)

2. Anti-Oxidants

- a. Berries – Blackberries, Blueberries, Black Grapes, Strawberries
 - Acai Berry - #1 Super food (Dr. Perricone)
 - Dark Leafy Vegetables – Raw or Lightly Cooked
 - Spinach
 - Cauliflower
 - Cabbage
 - Broccoli
 - Brussel Sprouts
 - Kale
- b. Fruits & Vegetables

3. Essential Fatty Acids/Oils

- a. Fresh Water Fish (2-3 times per week)
 - Mackerel
 - Salmon
 - Sardines
- b. Avocado
 - Monounsaturated Fats decrease LDL Cholesterol
 - Vitamin E improves health of skin
 - Helps to alleviate hot flashes in menopausal women
 - High levels of potassium to improve blood pressure and prevent fluid retention
- c. Oils – Olive & Flax Seed

4. Allium Family – Garlic, Onions, Leeks, Scallions, Chives, Shallots

a. Garlic

- Protects against Colon Cancer & Heart Disease
- A Clove a day (raw or cooked) is recommended for maximum health benefits
- Offers more benefit than Aspirin in providing blood-thinning effect

5. Spices

- **Ginger** is recommended for improving digestive system health and circulation.
 - Helpful for alleviating pain due to rheumatoid arthritis and other aches and pains

a. Other Beneficial Spices

- Cinnamon
- Turmeric
- Oregano
- Basil
- Thyme
- Cayenne

6. Nuts & Seeds

- Good Sources of Minerals
- Sprinkle on Salads or Desserts when possible
- Benefits
 - Aid Digestion
 - Improve Immunity
 - Improve Skin Health
 - Decrease Cancer Risk
 - Help Control Cholesterol

a. Walnuts

- High in Potassium
- Magnesium
- Iron
- Zinc
- Copper
- Selenium

b. Other Nuts – Hazel Nuts, Almonds, Macadamia Nuts, Pistachios

7. **Soy**
- c. Seeds – Pumpkin, Sesame, Sunflower
- Helpful in maintaining estrogen levels in menopausal women
 - Alleviates hot flashes
 - Helps protect against Alzheimers
 - Helps prevent Osteoporosis
 - Helps protect against Heart Disease
- a. Best Soy Sources
- Tofu
 - Miso
- b. Fermented Soy Products are best
- They're more easily digested
 - They don't cause food intolerances
 - They have not been genetically modified

8. **Whole Grains**

- a. Complex Carbohydrates
- Provide a consistent supply of energy
 - Help maintain healthy cholesterol levels
 - Help with weight loss/management
 - Look for low Glycemic Index sources
- b. Best Sources of Complex Carbohydrates
- Whole-Meal Pasta (High in Fiber & Iron)
 - Brown Rice (High In Fiber and B-Complex Vitamins)
- c. Other Good Sources of Complex Carbohydrates
- Barley
 - Oats
 - Whole Grain Cereals
 - Bulgar
 - Buckwheat

9. **Legumes – Lentils & Beans**

- a. Beans
- Black
 - Kidney
 - Navy
 - Pinto

- Soybeans

10. Low-Fat Dairy

- a. Fortified Low-Fat Milk
 - Good Sources of Vitamin C and Calcium
 - Helps with maintaining healthy Blood Pressure
- b. Yogurt
 - Healthy Bacteria which improves digestive health
- c. Other Good Low-Fat Dairy Sources
 - Kefir
 - Cottage Cheese