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Anti-aging Diets

Aging is a natural part of life. The good news is that research shows a strong link between a healthy diet and the prevention of age-related diseases.

Anti-aging diets have become increasingly popular as millions search for ways to look and feel younger. Adopting a lifestyle that includes regular physical exercise, adequate rest, and a diet full of nutrient-rich foods can be the best defense against aging. Meal plans for anti-aging diets typically pair nutrient-dense foods with caloric restriction.

Some experts who specialize in anti-aging diets are Roy L. Walford, MD, Nicholas Perricone, MD, and Barry Sears, PhD.

Foods to include:

- Vegetables
- Fruits
- Whole grains
- Lean meat
- Lean poultry
- Fish
- Eggs
- Beans
- Low-fat dairy
- Nuts and seeds
- Healthy oils

Foods to avoid:

- High-fat meat
- High-fat dairy
- Trans fats
- Sugar
- Salt
- Processed foods
- Refined grains

Pros:

- Incorporates exercise
- Can be a lifestyle rather than a diet
- Recommended foods can protect against chronic disease
- Can improve overall health and longevity

Cons:

- Calorie restriction can reduce energy levels
- Hunger and food cravings may derail dieters
- Some thrive on high-quality animal fat

Sources:

Foods for Your Anti-Aging Diet www.webmd.com [_\(http://www.webmd.com\)_](http://www.webmd.com)

Dr. Sears www.drsears.com [_\(http://www.drsears.com\)_](http://www.drsears.com)

Perricone MD www.perriconemd.com [_\(http://www.perriconemd.com\)_](http://www.perriconemd.com)