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# Over-40 Diet

After age 40, the body begins to store fat at a higher rate making it more difficult to keep off excess weight. Factors such as chemical and hormonal imbalances, decreased metabolic rate, stress, vitamin and mineral deficiencies, and food allergies all contribute to this shift in the body's composition.

The most common weight loss recommendations for people in this age group are small diet and lifestyle changes. These recommendations include eating 100 calories less each day, eating fruit instead of drinking fruit juice, avoiding processed foods, sugar, and artificial sweeteners, moderating alcohol, taking appropriate vitamins and supplements, always eating breakfast, and never skipping meals.

Exercise also plays a large role in health and weight maintenance post-40. Strength training is important to increase lean muscle mass and maintain bone density. It's advised to commit to a regular fitness routine.

The following seven foods are considered powerful fat fighters:

1. Ground flax seeds, which help stabilize blood sugar levels
2. Walnuts, which reduce insulin levels and fight fat storage,
3. Hot sauce, which reduces insulin levels,
4. Cinnamon, which helps lower cholesterol,
5. Salmon, a good source of calcium and vitamin D,
6. Fiber-rich foods, which aid digestion and satiety, and
7. Water with lemon, a calorie-free, refreshing beverage to replace soda and juice.

## **Foods to include:**

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

## **Foods to avoid:**

- Full-fat meats
- Bacon and other processed meats
- Full-fat dairy
- Refined grains
- Sugar
- Fruit juice
- Soda
- Artificial sweeteners

## **Pros:**

- May reduce weight gain after 40
- May be a lifestyle approach
- Considers bio-individuality

## **Cons:**

- Some may benefit from full-fat dairy

- May be difficult to avoid sugar
- May be difficult to avoid bacon

**Sources:**

*The Over-40 Diet* [www.goodhousekeeping.com](http://www.goodhousekeeping.com) (http://www.goodhousekeeping.com)

*Women Over 40* [www.loseweightpermanently.com](http://www.loseweightpermanently.com) (http://www.loseweightpermanently.com)