

Chapter 1 : Vitamin Rich Foods to Stay Vibrant at Any Age | Healthy Food

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That anti-aging magic pill has not arrived. Good genes help, but research indicates that it is more about how we live that makes the difference. There are so many things we can do and not do, to slow down aging, prevent disease and feel young. To feel fully alive with an abundance of energy is good no matter how old you are! We are in control of what we do and what we put into our bodies. Attitude is Extremely Important. When we act old, we become old. Even in my early 30s I felt younger than people in their mid 20s. I thought I was being immature but this pattern continued right into my 60s. Now, I am happy to say that I have not grown up. Studies have shown that those with an optimistic outlook on life actually live longer, healthier lives. Eat healthy if you want to live healthy. Eliminate processed foods ; they have fewer nutrients. They are also full of chemicals that cause inflammation which stresses the body systems from functioning well. Add a variety of vegetables to your lunch and dinner. They should full up three quarters of your plate. Eat 2 – 3 fruits daily. Add healthy fats coconut oil , cold pressed, olive oil , cold pressed, avocados, almonds, and walnuts. Eliminate trans fats and reduce saturated fats from animal products. Control the salt habit. The average American eats twice what they should! Try going one day a week meatless to cut down on being highly acidic. Brain cells shrink during sleep to open up the gaps between neurons and allow fluid to wash the brain clean. Keep moving and you might never stop! Keep Fit Exercise can lower blood pressure and cholesterol levels, increase muscle mass and reduce heart disease. One in three people will die from heart disease. Integrate a regular exercise program of 30 minutes several days a week is recommended and helps with weight loss too. Do whatever it takes to reduce stress. Reduce Stress Numerous studies prove stress accelerates aging. Deep breathing can help reduce stress, increase energy and lift your spirit. Make Time for relaxation or meditation. If you have a meditation technique, try doing it in the morning before getting out of bed, for ten or fifteen minutes. Or simply put on relaxing music, close your eyes and breathe. Be Socially Active People with strong relationships are 50 percent likely to live longer. Everywhere they look, they see opportunities to learn, build, and love. The Longevity Code Join a class, volunteer, babysit or meet for lunch in a restaurant. Your brain must stay active to stay strong. Read a book, take a course, learn a foreign language, do puzzles and have challenging conversations. Laughter really IS the best medicine. See the humor in life! People with a greater sense of humor live longer. It lowers blood pressure and cholesterol, strengthens the immune system, reduces physical tension and relieves emotional Laughter helps blood vessels function better. Miller who conducted the study , suggested that laughter may be good for the heart. You grow old because you stop laughing. Here are many Forever Young Habits to help you. Please add your own too.

Chapter 2 : Stay Young & Healthy

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However, the foods you eat can help you age better, both inside and out. Here are 11 foods that can help you look younger. Extra virgin olive oil is one of the healthiest fats on earth. Research has shown that it may help prevent many common diseases associated with aging. It lowers blood pressure, reduces the risk of heart disease, helps prevent metabolic syndrome and may be effective in fighting cancer 1 , 2 , 3 , 4. Olive oil may also help your skin look younger. Animal and lab studies suggest it has strong anti-inflammatory effects on the skin and may protect it from sun damage 5. Two studies looked at food records and questionnaires completed by middle-aged and older adults. They found that those with the highest intake of monounsaturated fat from olive oil were least likely to have severe sun damage 7 , 8. Olive oil has strong anti-inflammatory properties that may protect skin elasticity and decrease the risk of sun damage. Green Tea Green tea is high in antioxidants, which can protect against free radicals. Free radicals are unstable molecules that form during metabolism and in response to stress. Green tea is particularly high in antioxidants called polyphenols, which can fight diabetes, insulin resistance , inflammation and heart disease 9 , 10 , Polyphenols may also help protect collagen, the main protein in your skin. This may reduce and even partly reverse some signs of aging 6 , 12 , 13 , In one study, women with sun-damaged skin who were treated with green tea cream and supplements for 8 weeks had modest improvements in skin elasticity Fatty Fish Fatty fish is truly an anti-aging food. Its long-chain omega-3 fats are beneficial against heart disease, inflammation and ulcerative colitis, among many other diseases 16 , 17 , Studies suggest that they may also protect against inflammation and damage that occurs during sun exposure 19 , Salmon , one of the most popular types of fatty fish, has an additional component that may keep your skin looking younger. It contains a carotenoid antioxidant called astaxanthin, which is responsible for the pink color of salmon. In one study, people with sun-damaged skin who were given a combination of astaxanthin and collagen for 12 weeks experienced significant improvements in skin elasticity and hydration Fatty fish may provide protection from skin damage that occurs in response to inflammation and sun exposure. The astaxanthin in salmon may also improve skin elasticity and hydration. It is even more powerful than acai berries, blueberries and cranberries Research suggests it may reduce blood pressure, increase insulin sensitivity and improve arterial function and elasticity 23 , Chocolate contains antioxidants called flavanols, which protect the skin from sun damage. However, the amount of flavanols varies significantly among different types of chocolate One study showed that high-flavanol dark chocolate doubled the amount of time people could stay in the sun before turning red. In other studies comparing high-flavanol and low-flavanol cocoa on skin function, people in the high-flavanol groups experienced better blood flow to the skin and improvements in thickness, hydration and smoothness 27 , Remember, the higher the cocoa content, the higher the flavanol content. Dark chocolate with a high flavanol content may protect against sun damage. It may also improve skin hydration, thickness and smoothness. Vegetables are extremely nutrient-dense and very low in calories. They contain antioxidants that help reduce the risk of heart disease, cataracts and cancer 29 , 30 , Many vegetables are also high in carotenoids like beta carotene. These can protect against sun radiation and free radicals, both of which can lead to skin aging 32 , Some of the best sources of beta carotene are carrots , pumpkin and sweet potatoes. Many vegetables are also rich in vitamin C, which is important for collagen production and has strong antioxidant effects. Vegetables with the highest vitamin C content include leafy greens, bell peppers , tomatoes and broccoli. In another study, researchers measured elasticity and other skin qualities in more than Japanese women. They found that those who ate more green and yellow vegetables had fewer wrinkles 6. Vegetables provide sun protection and may prevent free radical damage to skin. This is largely due to their strong antioxidant effects. Flaxseeds Flaxseeds have amazing health benefits. They contain lignans, which can lower cholesterol, reduce blood sugar and insulin levels, while decreasing the risk of breast and prostate cancer 35 , 36 , 37 , They are also a great source of an omega-3 fatty acid called ALA , which protects your skin from sun radiation and may reduce sun-related

skin damage 39 , In controlled studies, women who consumed flaxseeds or flax oil for 12 weeks showed improved hydration and smoother skin 41 , Flaxseeds may protect skin from sun damage and improve smoothness, among other measures of skin quality. Pomegranates are one of the healthiest fruits. Their antioxidant activity appears to be even higher than that of green tea Pomegranates decrease inflammation, help prevent damage from high blood sugar levels and may improve outcomes in patients with colon cancer 44 , 45 , They also help protect the skin from sun damage 47 , Pomegranates are rich in antioxidants that provide sun protection and may help repair existing skin damage. Avocados are rich in heart-healthy fat, fiber and several vitamins and minerals that are essential for health They also taste delicious and are extremely versatile. Furthermore, avocados contain unique compounds called polyhydroxylated fatty alcohols. These can fight inflammation, protect your skin from the sun and help repair damaged DNA Their high content of monounsaturated fat and the antioxidants lutein and zeaxanthin provides additional skin and DNA protection 6 , Avocados prevent sun-related skin damage and may also help protect the DNA in your skin cells. Tomatoes Tomatoes provide many impressive health benefits, several of which can be attributed to their high lycopene content. Lycopene is a type of carotenoid that reduces your risk of heart disease, stroke and prostate cancer 53 , 54 , Studies show that it may also protect your skin from the damaging rays of the sun 56 , 57 , In one study, women who ate a mixture of foods high in lycopene and other plant antioxidants had a measurable decrease in wrinkle depth after 15 weeks Cooking tomatoes with healthy fats, such as olive oil , significantly boosts the absorption of lycopene into the body Tomatoes are high in lycopene, which protects skin from sun damage and may help reduce wrinkles. Spices do more than just add flavor to your food. They also contain various plant compounds that may have beneficial effects on your health Interestingly, research suggests some spices may even help your skin look younger. Cinnamon has been shown to increase collagen production, which may lead to increased skin firmness and elasticity It may also reduce the skin damage that occurs as a result of advanced glycation end-products AGEs , which are formed when blood sugar levels are high Additionally, research suggests that capsaicin, which is found in chili peppers , may reduce some of the age-related changes that occur in skin cells Furthermore, ginger contains gingerol. This compound has anti-inflammatory effects that may help prevent the age spots that develop due to sun exposure Certain spices contain plant compounds that boost collagen production, protect cells from high blood sugar levels and help prevent sun damage. Bone Broth Bone broth has recently become very popular among health-conscious people. This releases minerals and other beneficial components. One of these components is collagen, which has been credited with beneficial effects on muscle and bone health 66 , 67 , When cooked, collagen breaks down into gelatin, which is rich in the amino acids glycine, proline and hydroxyproline. Your body can absorb these amino acids and use them to form new collagen in your skin Controlled studies have shown that consuming collagen may improve skin elasticity, moisture and firmness, while reducing wrinkles 70 , 71 , In one study, wrinkle depth was significantly reduced in postmenopausal women who took a collagen supplement along with other skin-supporting nutrients like vitamins C and E for 12 weeks However, the foods on this list can improve the function of your skin and help you look younger. They will also help you remain healthier and younger looking as you age.

Chapter 3 : Vibrantly Healthy Kids - Kids Nutrition and Health

But eating foods that are high enough in phytonutrients like flavonoids and carotenoids (antioxidants found in a number of fruits and vegetables) can help with anti-aging and keep you feeling energetic and healthy.

Here she shares her tips. The naturopath and herbalist, whose clients include large corporations and celebrities such as actress Thandie Newton, 42, believes that everyone can look younger and healthier simply by changing what they eat and how they cook. And yet we expect to be at the top of our game without realising that if you want to have clear, glowing skin, sparkling eyes and a body that works well, then your diet is fundamental. She became interested in nutrition after getting a bacterial infection and being brought back to health by a friend armed with fruits and veggies. She is amazed at how the world has changed since then, how ideas that used to be unusual juicing good, sugar bad are now mainstream. Her approach is heartfelt, but it is also refreshingly straightforward and, most importantly, practical. Peyton-Jones worries that thinking around nutrition has become too faddish. How to think yourself young Our approach to food, she says, has become too complicated. And thanks to celebrity chefs and cooking shows, we set our standards so high that we are afraid of cooking for ourselves. It is very difficult to be fat on this diet. People are always surprised by how much I eat. Just let them inform your thinking around food. What health food buzz words really mean: Pretty much everything in a box or packet. These are addictive, as they make your body crave more of them. Food addictions are tough to crack, and my rule of thumb is to allow a week for each year of addiction. Eat nuts Nuts offer major youth-giving bonuses and can be substituted for every kind of dairy. Just take one cup of nuts – almonds, perhaps, or cashews – and whiz in a blender with two cups of water. Alternate varieties for a range of flavours and benefits. Eating a couple of Brazil nuts a day is thought to decelerate the arrival of grey hair, while pistachios contain an anti-inflammatory that strengthens skin. Herbs have antioxidants and are anti-inflammatory. They do pretty much all the youth-giving you need: Chuck handfuls of parsley, coriander, dill and other leafy herbs into casseroles minutes before serving. Use herbs as you do vegetables: Make soups with them, or eat them raw in salads. Garlic and turmeric are in my top youth-giving foods for their hormone-balancing, anti-inflammatory properties, and mint and nutmeg are up there, too. Why cooking methods matter The cooking process should retain maximum nutrients and antioxidants in all our food, to sustain us and keep us looking and feeling younger. Steam frying is my top way to cook rejuvenating, tasty meals, because it brings the richness of frying with less than 1 teaspoon of oil that tiny amount helps us to absorb the essential fat-soluble vitamins A, D, E and K. Make salads interesting by using pomegranate seeds and different types of lettuce leaves. Raw, paste, canned; all are good. Avocados Eat four times a week for younger-looking skin, hair and nails. Eat in guacamole and salads or use for creamy smoothies, soups and puddings. An antioxidant and anti-inflammatory. Use raw for maximum pungency. Grate and mix with natural yoghurt, cider vinegar or grated apple as a sauce for pulses or fish. Cucumbers Nothing beats cucumber for dewy skin. Use raw in juices, salads and cold soups. Radishes Underrated and underused in the West, radishes are fabulous detoxes; if ever you feel like an inner cleanse, eat a radish. They are low-cal, high-fibre and anti-inflammatory. Delicious raw in salads or steamed with other vegetables; they add a sharp antidote to any sweetness. Diet changes to make as you age Parsnips Naturally high in sugars, parsnip is very high in soluble and insoluble fibre, which reduces blood cholesterol and helps gut function. Juice raw with other vegetables it adds sweet creaminess, roast, use in soup. Kale Kale is a nutritional powerhouse, probably the most palatable way to get a big shot of calcium in a low-cal way. Juice, steam, steam fry. Squash and sweet potatoes High in protective carotenes and anti-inflammatory, these help regulate blood sugar and are youth-giving for skin and muscles. Roast to make into soups, or add to casseroles, curries and risottos. Shiitake mushrooms Go for these over regular mushrooms: They offer a rejuvenating boost. They reduce cholesterol and help fight infection and disease. Add to soups, casseroles, savory dishes and omelets. Kiwis A good little youth-giving helper, full of vitamins C and E, potassium, magnesium and dietary fibre. Eat raw or juice. Hummus is super tasty and a great healthy snack option. Why you need to eat less as you age Chickpeas These buttery, nutty legumes are a great low-fat, high-protein option. They help to reduce cholesterol and blood sugar and are high in iron and

molybdenum, a mineral that helps detox the sulfites in processed foods and wine. Use in hummus, falafel, pies, curries, casseroles, soups or salads. Asparagus Powerfully nutrient-dense, high not just in vitamins and minerals but in cancer-fighting compounds and amino acids that help detox at a cellular level, this is the Holy Grail of anti-ageing. If you drink alcohol, asparagus can alleviate the after-effects and protect hardworking liver cells. Serve as a starter or side, or chop into salad. Carrots Carrots contain high levels of beta carotene and other antioxidants, with protective powers against cancer, heart disease, high cholesterol and even sight problems. Juice, eat raw or cooked in soups, breads and cakes. Buy organic, or always peel them, as the skin can harbour pesticide residues. Eat raw in salads; juice; or even make into a tea. Black and red currants Currants are super-rich in GLA gamma-linolenic acid , which is very good for skin. Eat raw with coconut cream or add to ice cream. Try frozen when fresh is not available. Coconut milk This is highly alkalising, and a good source of minerals and fats that fight bacteria and fungi. Good for lowering depression and boosting memory. Grill or bake with tart flavours: Eat raw, fermented in sauerkraut or lightly steamed. Quinoa This Peruvian grain is a great protein source for the gluten- and wheat-free. Cook on its own or chuck raw into soups and casseroles. Try quinoa flour when baking. Pomegranates Crunchy, tangy and bittersweet, they act as an anti-inflammatory and artery declogger, and also protect against heart disease and viral infections. Use in salads, in sauces with meat, or as a relish. This article originally appeared on The New York Post. The Kindle edition is available to buy online now.

Chapter 4 : Diet and Nutrition Tips for Women: Eating Right to Look and Feel Your Best at Every Stage of

*Foods to Stay Vibrant, Young & Healthy: The Complete Nutrition Guide for Midlife Women [Audrey Wright, Sandra Nissenberg, Betsy Manis] on www.nxgvision.com *FREE* shipping on qualifying offers. Now women over age 40 can eat their way to good health and look and feel better than ever.*

Irrespective of the season, or the time of the year. More so, as we step into the grayer days of our lives. Read on ahead about these vitamin rich foods to stay vibrant at any age. Foods Rich in Vitamins 1Berries Berries are loaded with antioxidants, that heals your systems, and protects it from attack by free radicals, which are the chief culprit that bring about aging. Besides, berries are also an abundant source of silica, which keeps the living tissues supple and elastic. Strawberries and blueberries, when incorporated into the diet on a regular basis, are known to reduce the concentration of toxic cells in our brains. Low Calorie Juices for Breakfast 2Nuts and Olive Oil Nuts and Olive oils contain healthy fats, which keeps your cardiovascular systems healthy, thus reducing the chances of a stroke or heart attack. Both olive oil and nuts could be easily incorporated into your diet, and each would bring in their characteristic flavours. They are rich in carotene, vitamin B6, dietary fibers, and a host of active antioxidants that bring in all their goodness to the table. Besides, they are rich in copper, which aids in the production of collagen in the body. Collagen has been the very compound which keeps your skin vibrant, irrespective of age. The skin of the red grapes contains antioxidants, which prevent the development of tumor, and as well keeps our nerve endings nimble. Even the seed of the grape has vital anti oxidizing agents which reduce the concentration of bad cholesterol. The ones who might not be into red wine, may choose to indulge in grapes instead. Hence, milk is recommended for people who do not get enough exposure to the sun on a regular basis. Vitamin D slows down the aging process, by keeping the DNA present in our cells, in good health. Some chocolates, commercially available in the market may have low concentrations of cocoa, due to its inherent bitter taste, and hence may not serve the purpose in this case. The iron boosts the energy levels and also helps in muscle building. Vitamin K is essential for your bone density. Xanthophylls, which consists of Lutein and Zeaxanthin, are essential for healthy eyes. The above tips and information are only for reference purpose. The articles are not written by qualified medicare professionals. Even though, you may find the tips and information easy and useful, we recommend you to consult a qualified medicare professional before adopting these. It is necessary to analyse and find out your physical fitness in accepting these tips. Some tips may not suite you or you may be allergic to. Hence consulting a medicare professional is essential. Failing which, you will be having the sole responsibility for the consequences arising out of your negligence and reluctance. We inform you that we are not owner of any of the products, images or any other products displaying on our website. But all the articles are written by us and we owned them. We will remove that image or product as soon as possible. All the images are collected from Google.

Chapter 5 : How to look younger and get glowing skin by changing your diet

Certain foods work in mysterious ways. No wonder some are known to be foods for gods. Read on about these vitamin rich foods to stay vibrant at any age.

Doing a detox or cleansing program based on whole foods, juices and plenty of water can help you clear out these accumulated toxins from your system. A healthy detox plan can help you drop excess weight, increase your energy and restore your health. Any cleanse or detox will likely fail if your body remains overloaded by a continual onslaught of hard-to-handle substances. It is very important that during your detox diet you eliminate the following offenders:

Added Sugars Avoid table sugar and other added sugars. High fructose corn syrup should be especially avoided. Studies indicate that its chemical structure encourage overeating and triggers the liver to pump more triglycerides into the bloodstream raising your risk for heart disease.

Alcohol Even small amounts of alcohol put a heavy detoxification burden on your body, especially your liver. During your detox, avoid drinking any alcohol to give your liver a much needed break.

Artificial Sweeteners Artificial sweeteners such as Aspartame, Equal and Splenda are chemically manufactured sweeteners which have been shown to create toxicity in the liver. Avoid artificial sweeteners yes, that means diet sodas too!

Coffee Avoid drinking more than one cup of coffee a day during your detox. If you find this is impossible, gradually cut down on the number of cups by mixing in decaffeinated coffee during the first few days until you are weaned off completely or down to just one cup a day.

Dairy Products Our bodies were designed to be weaned of milk as children and as a result many of us are lactose intolerant as adults about 65 percent of the human population has some level of lactose intolerance after infancy.

MSG Avoid eating anything that contains MSG monosodium glutamate , also known as modified food starch, carrageenan, glutamic acid and hydrolyzed vegetable protein. MSG is one of the worst food additives on the market. MSG is an excitotoxin which means it overexcites your cells to the point of cell damage or even cell death. It is known widely as an additive to Chinese foods, but it is also often found in packaged foods such canned meats, canned soups, crackers, frozen dinners, salad dressings, seasoning packets and much more. Most processed foods are laden with sweeteners, salts, artificial flavors, factory-created fats and preservatives, and stripped of healthy nutrients.

Pesticides Residues on Food Although it is nearly impossible to avoid all exposure to pesticides, there are several things you can do to limit the amount you ingest through your food:

Too much animal protein, especially red meat, can lead to digestive and other health problems. When your body cannot break down red meat properly or you consume more red meat than your liver can handle, the toxic waste products build up in your system. Avoiding red meats during your detox will allow your body to divert its energy to eliminating toxins from the body.

Starches and Refined Carbs Avoid eating refined carbohydrates and starchy vegetables like white rice, pasta, potatoes and white breads. Many studies show that people who eat refined grains have more heart attacks, insulin resistance, and high blood pressure.

Trans Fats Avoid Trans fat during and after your detox. Trans fats have been shown to be twice as dangerous for your heart as saturated fat.

Wheat and Gluten You should avoid products containing wheat or gluten during your detox or cleanse. This should reduce the workload on the liver and help your digestion making it easier for your body to eliminate toxins. Once you get these foods out of your system and begin to notice how good you feel eating clean nutrient-dense foods, chances are that you will not want to go back to you old habits.

Chapter 6 : 50 Foods to Eat to Stay Young

10 Heart-Healthy Foods To Add To Your Diet For Vibrant Cardiovascular Health. Experts like Julie Zumpano, a dietitian at the Cleveland Medical Clinic's Preventive Cardiology and Rehabilitation Department, suggest that there are heart-healthy foods that will revolutionize your diet.

There is a massive amount of foods out there that are both healthy and tasty. Here are 50 incredibly healthy foods. Most of them are surprisingly delicious. This is not surprising, given that they taste incredible. Fruits are also very easy to incorporate into the diet, because they require little to no preparation. Apples The apple is high in fiber, vitamin C and numerous antioxidants. Apples are very fulfilling, and perfect as snacks if you find yourself hungry between meals. Avocados Avocados are different than most fruits, because they are loaded with healthy fats instead of carbs. They are creamy, tasty and high in fiber, potassium and vitamin C. They are also high in vitamin B6 and fiber. Bananas are ridiculously convenient and portable. Blueberries Blueberries are not only delicious, but also among the most powerful sources of antioxidants in the world. Oranges Oranges are well known for their vitamin C content. They are also high in fiber, antioxidants and taste incredible. Strawberries Strawberries are highly nutritious, and are low in both carbs and calories. They are loaded with vitamin C, fiber and manganese, and are arguably among the most delicious foods in existence. Cherries, grapes, grapefruit, kiwi, lemons , mango, melons, olives, peaches, pears, pineapples, plums and raspberries. Eggs Eggs are among the most nutritious foods on the planet. They were previously demonized for being high in cholesterol , but new studies have shown that they are perfectly safe and healthy 1 , 2. It is a myth that all meat is harmful. Unprocessed, gently cooked meat is one of the healthiest and most nutritious foods you can eat. Lean Beef Lean beef is among the best sources of protein in existence, and loaded with highly bioavailable iron. Chicken Breasts Chicken breast is low in fat and calories, but extremely high in protein. It is a great source of many nutrients. Nuts, Seeds and Peanuts Despite being high in fat and calories, studies suggest that nuts and seeds can help you lose weight 3 , 4. They also require zero preparation, which is important because it makes it easier to incorporate them into the diet. Almonds The almond is a popular type of nut. It is loaded with vitamin E, antioxidants, magnesium and fiber. Studies show that almonds can help you lose weight, and provide impressive benefits for metabolic health 5. Chia Seeds Chia seeds are among the most nutrient dense foods on the planet. A single ounce 28 grams contains 11 grams of fiber, and a large part of the recommended intake for magnesium, manganese, calcium and various other nutrients. Coconuts Coconuts are loaded with fiber and powerful fatty acids called medium-chain triglycerides. Macadamia Nuts Macadamia nuts are very tasty. They are much higher in monounsaturated fats, and lower in Omega-6 fatty acids, than most other nuts. Walnuts Walnuts are highly nutritious and loaded with fiber and all sorts of vitamins and minerals. Peanuts Peanuts technically legumes, not nuts are incredibly tasty and high in nutrients and antioxidants. Several studies show that peanuts can help you lose weight 6 , 7. However, take it easy on the peanut butter. It is very high in calories and incredibly easy to eat excessive amounts of it. There is a wide variety available, and it is best to eat many different types of vegetables every day. Asparagus Asparagus is a popular vegetable. It is low in both carbs and calories, but loaded with vitamin K. Bell Peppers Bell peppers come in several colors, including red, yellow and green. They are crunchy and taste very sweet, and are a great source of antioxidants and vitamin C. Broccoli Broccoli is a cruciferous vegetable that tastes great both raw and cooked. It is an excellent source of fiber, vitamin K and vitamin C, and contains a decent amount of protein compared to other vegetables. Carrots The carrot is a popular root vegetable. It is extremely tasty and crunchy, and loaded with nutrients like fiber and vitamin K. Carrots are also very high in carotene antioxidants, which have numerous benefits. Cauliflower Cauliflower is a very versatile cruciferous vegetable. It can be used to make all sorts of healthy recipes, and also tastes pretty good on its own. It is very low in both carbs and calories, and consists mostly of water. However, it does contain a number of nutrients in small amounts, including vitamin K. Garlic Garlic is incredibly healthy. It contains allicin, a bioactive compound with powerful biological effects, including improved immune function 8. Kale Kale has been very popular in recent years, for good reason. It is incredibly high in vitamin K, vitamin C, fiber and a number of other

nutrients. It is perfect to add a satisfying crunch to salads and recipes. Onions Onions have a very strong flavor, and are very popular for use in recipes. They contain a number of bioactive compounds believed to have health benefits. Tomatoes tomatoes are usually categorized as a vegetable, although they are technically a fruit. They are tasty and loaded with nutrients like potassium and vitamin C. Artichokes, Brussels sprouts, cabbage, celery, eggplant, leeks, lettuce, mushrooms, radishes, squash, swiss chard, turnips, zucchini. Fish and other seafoods tend to be very healthy and nutritious. Studies show that people who eat the most foods from the sea especially fish tend to live longer and have a lower risk of many diseases, including heart disease, dementia and depression 9 , 10 , Salmon Salmon is a type of oily fish that is incredibly popular due to its excellent taste and high amount of nutrients, including protein and Omega-3 fatty acids. It also contains some vitamin D. Sardines Sardines are small, oily fish that are among the most nutritious foods you can eat. They contain hefty amounts of the majority of nutrients required by the human body. It ranks similar to organ meats when it comes to nutrient density. Edible shellfish includes clams, mollusks and oysters. Shrimp Shrimp is a type of animal found in the sea. It tends to be low in fat and calories, but high in protein. It is also loaded with various other nutrients, including selenium and vitamin B Trout Trout is another type of delicious oily fish, similar to salmon. Tuna Tuna is very popular in Western countries, and tends to be low in fat and calories, but high in protein. It is perfect people who need to add more protein to their diets, while keeping calories low. Grains Grains have gotten a bad rap in recent years, mainly due to them being a forbidden food on the wildly popular paleo diet. However, it is a mistake to lump all grains together. There are many different types of grains, and some of them are very healthy. Just keep in mind that they are still pretty high in carbs, so they are not recommended on a low carb diet. Brown Rice Rice is one of the oldest cereal grains, and is currently a staple food for more than half of people in the world. Brown whole grain rice is fairly nutritious, with a decent amount of fiber, vitamin B1 and magnesium. Oats Oats are incredibly healthy. They are loaded with nutrients, and also contain powerful fibers called beta-glucans, shown to have numerous benefits. Quinoa Quinoa has become incredibly popular among health conscious individuals in recent years. It is a tasty grain that is high in nutrients like fiber and magnesium. It is also an excellent source of plant-based protein. Breads Most people eat a lot of bread. For those who are trying to adopt a healthier diet for the first time, it can be extremely challenging to find something to eat instead of bread. Fortunately, there are several healthy or at least "less bad" options available. Ezekiel Bread Ezekiel bread may be the healthiest bread you can buy at the store. It is made from organic, sprouted whole grains, and also contains several types of legumes. Homemade Low-Carb Breads The safest choice for healthy bread is something that you make yourself. Here is a list of 15 recipes for healthy breads that are gluten-free and low in carbs. Legumes are another food group that has been unfairly demonized in recent years. It is true that legumes contain anti-nutrients, substances that can interfere with digestion and absorption of nutrients. However, these anti-nutrients can be eliminated by soaking and properly preparing the legumes before eating them Green Beans Green beans, also called string beans, are unripe varieties of the common bean.

Chapter 7 : These foods will keep you young and vibrant | Health - BabaMail

Various cultures claim yogurt as their own creation, but the 2,year-old food's health benefits are not disputed: Fermentation spawns hundreds of millions of probiotic organisms that serve as reinforcements to the battalions of beneficial bacteria in your body.

Plastics are becoming a global issue due to the dangers they pose to human health, the expansive volume the modern world uses and disposes of on a daily basis, and the growing waste that is taking over our landfills and oceans. Based on the health hazards, now is a great time to consider how your family can reduce your reliance on plastics. What makes plastics toxic? Plastics are toxic due to the presence of materials that contain estrogenic activity. These substitutes found in everyday consumer products like plastics present the same health issues that make BPA harmful to ourselves and our children Rochester, In reviewing food packaging plastics primarily known to not contain BPA, it was determined that most of them still contained the hormone disruptors that are harmful to our health. Did you know that exposing plastics to stress like boiling water, sunlight, and microwaves only makes these chemicals leach further from products Yang, ? How are they harmful to your health? Plastics have been connected with several health issues, including early puberty in females, lower sperm count in males, obesity, issues with the reproductive organs, and increased rates of reproductive cancer. Fetuses, newborns and children are especially sensitive to products containing estrogenic activity. Plastics can permanently alter the structure and function of human cells Yang, Plastics are correlated to a decrease penis size and negatively impacted the testis ability to descend and the size of the scrotum Swan, Scientists also believe that the chemicals we are exposed to through plastic impact many metabolic diseases, such as obesity Charisiadis, How much has your family been exposed to the harmful chemicals present in plastics? To understand the extent of exposure to toxin present in plastics, we take a look at the detection of BPA in the general population, as this is one of the most widely studied chemicals in the world of plastics. One can conclude that given the prevalence of plastics, the majority of the population is being exposed to an extensive list of chemicals present in plastic on a regular basis Calafat, According to the review of over four hundred plastic consumer products, the majority of these products including BPA free products leached chemicals that contain hormone disrupting characteristics. This means with each sip of water you are getting a side of plastic. The chemical make-up of commercially available plastic is proprietary and not fully available for public knowledge. A baby bottle, for example, may consist of over chemicals that can leach from the product into your baby. Hormone disrupting chemicals were found in at least one component of the 20 baby bottles reviewed in a recent study, noting many these baby bottles were advertised as BPA-free giving parents a false sense of safety Yang, With composition of plastic products unknown and the available data showing us the extent of dangers chemicals present in everyday plastic products, there is great cause for concern for consumers when it comes to their interactions with plastics. So what can you do to protect your family and children? In just 3 days of a plastic free diet, you can dramatically reduce the levels of chemicals in your system. One of the first steps families can take is bringing their awareness to the potential exposures their family has to plastic. Take the opportunity to think about the places your family might be most vulnerable to the exposure of these chemicals. Then consider what changes your family could make. Here are some potential exposures to consider: Small shifts over time can have a big impact. Parents should also consider making a shift towards a fresh food diet that does not rely heavily on plastic food packaging. While it is nearly impossible to avoid all plastics, there plenty products available on the market today that can help you reduce your exposures. We as consumers can also consider ways to send messages with our purchasing power and voices to let companies know our desire for safer products and packaging for our children. Finally, consumers can put political pressure on lawmakers to push for stronger regulations around toxic plastics, as we have seen with BPA that the general public has the ability to shift the marketplace. Join an online plastic free support group like this to learn new ideas and share your ideas.

Chapter 8 : How to Keep Your Skin Looking Fresh by Eating Foods: 9 Steps

6 Things This Nutritionist Wishes She Knew About Food Years Ago those lucky individuals who seem to stay vital well into their 80s and beyond. does have heart-healthy benefits.

National Institutes of Health Eating to ease the symptoms of PMS Experiencing bloating, cramping, and fatigue during the week or so before your period is often due to fluctuating hormones. Your diet can play an important role in alleviating these and other symptoms of PMS. Eat foods high in iron and zinc. Some women find that foods such as red meat, liver, eggs, leafy green veggies, and dried fruit can help ease the symptoms of PMS. Boost your calcium intake. Several studies have highlighted the role calcium-rich foods—such as milk, yoghurt, cheese, and leafy green vegetables—play in relieving PMS symptoms. Avoid trans fats, deep fried foods, and sugar. All are inflammatory, which can trigger PMS symptoms. Battle bloat by cutting out salt. If you tend to retain water and experiencing bloating, avoiding salty snacks, frozen dinners, and processed foods can make a big difference. Watch out for food sensitivities. PMS is a common symptom of food sensitivities. Common culprits include dairy and wheat. Try cutting out the suspected food and see if it makes a difference in your symptoms. Cut out caffeine and alcohol. Both worsen PMS symptoms, so avoid them during this time in your cycle. For some women, taking a daily multivitamin or supplementing with magnesium, vitamin B6, and vitamin E may help relieve cramps. But, again, supplements are not a substitute for a healthy, balanced diet. Add essential fatty acids to ease cramps. Omega-3 fatty acids have been shown to help with cramps. See if eating more fish or flaxseed eases your PMS symptoms. Nutrition for pregnant or breastfeeding women You only need about extra calories per day to provide sufficient nutrition for your growing baby. However, gaining some weight is natural during pregnancy, and nursing can help with weight loss after the baby is born. Nutrition tips for healthy pregnancy Omega-3 fatty acids are essential for the neurological and early visual development of your baby and for making breast milk after birth. Aim for two weekly servings of cold water fish such as salmon, tuna, sardines, herring, or anchovies. Sardines are widely considered the safest and most sustainable fish to eat, while seaweed is a rich vegetarian source of Omega-3s. No amount is safe for the baby. Cut down on caffeine, which has been linked to a higher risk of miscarriage and can interfere with iron absorption. Eat smaller, more frequent meals rather than a few large ones. This will help prevent and reduce morning sickness and heartburn. Be cautious about foods that may be harmful to pregnant women. These include soft cheeses, sushi, deli meats, raw sprouts, and fish such as albacore tuna, swordfish, tilefish, and king mackerel that contain high levels of mercury. Opt for high-quality protein from fish, poultry, dairy, and plant-based protein sources rather than relying on just red meat. Nutrition tips for healthy breastfeeding Keep your caloric consumption a little higher to help your body maintain a steady milk supply. Emphasize healthy sources of protein and calcium, which are higher in demand during lactation. Nursing women need about 20 grams more high-quality protein a day than they did before pregnancy to support milk production. Take prenatal vitamin supplements, which are still helpful during breastfeeding, unless your physician tells you otherwise. Avoid alcohol, caffeine, and nicotine. Just as with the pregnancy guidelines above, refrain from drinking and smoking, and reduce your caffeine intake. If your baby develops an allergic reaction, you may need to adjust your diet. Eating to ease the symptoms of menopause For up to a decade prior to menopause, your reproductive system prepares to retire and your body shifts its production of hormones. By eating especially well as you enter your menopausal years, you can ease common symptoms. Eat more good fats. Omega-3 and omega-6 essential fatty acids can help boost hormone production and give your skin a healthy glow. Evening primrose oil and blackcurrant oil are good sources of gamma-linolenic acid GLA , an essential fatty acid that can help balance your hormones and alleviate hot flashes. Try flaxseed for hot flashes. Flaxseed is rich in lignans, which help stabilize hormone levels and manage hot flashes. Add 1 to 2 tablespoons of ground flaxseed to your daily diet. Try sprinkling it on soups, salads, or main dishes. Some studies suggest that soy may help manage menopausal symptoms. Try natural soy sources such as soy milk, tofu, tempeh, and soy nuts. Recommended reading Calcium and Milk: Important at Every Age “ The role of calcium in bone health and good food sources of calcium. National Institutes of Health Eating Healthy During Pregnancy “

Offers breakdowns of food groups with suggestions for food choices during pregnancy. March of Dimes Foods to avoid or limit during pregnancy â€” Details the different foods considered to be potentially dangerous during pregnancy, and explains why these foods may pose a threat. March of Dimes Healthy Eating: A Guide for Teens â€” Overview of good nutrition basics for teenage girls.

Chapter 9 : Anti-Aging Checklist: How To Stay Young Forever | Care2 Healthy Living

10 All-Natural Ways to Stay Young Stay young with these amazing, completely natural age erasers that boost brain power, stop stress, and smooth skin. By Marisa Fox.