



October 14<sup>th</sup>, 2012

## Top International Anti-Aging Foods

Regardless of your location, more and more goods are being sold as “anti-aging” by savvy marketers. The common thread between all these products is the “from the earth” approach – and a shift from highly processed to a more natural approach. Which foods pack the biggest punch?

Let’s review some of the food that can impact your diet and where it’s enjoyed around the world:

### **Beans – Black Beans, Kidney or Pinto Beans**

Did you know that a half a cup of dried red, kidney or pinto beans contain some of the highest amounts of antioxidants in any food?

People from Costa Rica's Nicoya Peninsula are four times more likely than most North Americans to live past age 90.

Many residents enjoy a dish called gallo pinto for breakfast - a delicious mix of black beans and rice flavored with onion, red peppers, garlic, olive oil, and cilantro. This kind of dish is perfect any time of the day and could be the secret ingredient to their longevity.

### **Wild Blueberries - Nova Scotia**

Evidence suggests that berries help combat a wide variety of age-related ailments supporting a healthy and disease free life. To keep your body working at an optimal level, eating well and choosing blueberries can help you live a longer life.

Nova Scotia is home to Canada's highest percentages of centenarians -- people who've lived for at least 100 years. Polyphenol-packed wild blueberries may be the reason.

From berry smoothies to lightly cooked blueberries a traditional "grunt", helps not only keep your skin smooth, but packs a powerful punch in the longevity department.

### **Red Wine - France**

Moderate drinking of red wine daily (one glass for women and up to two for men) have been linked to improved polyphenols – which can support and improve the body’s cell protecting antioxidants.

Wine also enhances ethanol, which helps increase levels of healthy HDL cholesterol and resveratrol, which research suggests can mimic the life-extending effects of cutting calories.

France enjoys low rates of heart disease and a reputation as being Western’s Europe’s longest living people.

Regardless of your preferred grape (zinfandel, cabernet or syrah), add a glass of red wine to your next meal to improve your chances for a longer productive life.

### **The Power of Veggies - Greece**

We all know that eating mostly vegetables is an important part of feeling great and staying energized.

On the Greek islands, the farmed Mediterranean diet has helped account for one-third of the residents reach their 90th birthdays.

With a focus on fruit, vegetables, beans, and olive oil – residents also ate seafood, whole grain and dairy with less red meat than a Western diet. Adding nuts and fresh olive oil can help your body absorb more of the carotenoids and other nutrients in cooked veggies and in salad greens.

### **Tofu - Japan**

Tofu can help lower cholesterol, strengthen bones via calcium and offer vitamin E. More than that, tofu is rich in protein which is necessary for building and repairing muscles. Low in fat and high in saponins and isoflavones, tofu is a super food that should be added to your diet.

The Japanese island of Okinawa, is famous for the longevity of its residents – many of which age gracefully to 100+ more often than anywhere else on earth.

Extra firm tofu has the great ability to “soak up flavours”, so marinating and adding sauces such as ginger and soy sauce can make your stir fry “sing”. As an alternative, add tofu as a dessert. This Thanksgiving, consider a pumpkin tofu pie - there are many options when cooking this versatile soy product.

Adding these new elements to your diet can make a powerful impact long term. In my opinion, good health is the cornerstone to living a longer healthy life.