

# 7 Anti-Aging Foods, Eat for Life!

**If you are over the age of 40, you should incorporate these 7 anti-aging foods into your diet. Eat for Life!**

**1. Olive Oil** – Not only do the monounsaturated fats contained in olive oil support healthy arteries and a healthy heart, but olive oil also contains polyphenols, a potent anti-oxidant that may help prevent a number of age-related diseases. I recommend organic extra virgin olive oil for the most anti-aging bang for your buck.

**2. Red Wine** – That's right, a glass of wine daily may indeed have a positive effect on your health due to its resveratrol content, a unique anti-oxidant that can help fight against diabetes, heart disease, and age-related memory loss.

**3. Beans** – The unique proteins in beans thicken and strengthen your hair cells, so you can enjoy a full head of hair as you lengthen your years. ☐

**4. Brazil Nuts** – Brazil nuts are rich in selenium, a mineral which aids in the production of the anti-oxidant glutathione to help slow down the skin aging process. Just 2 nuts a day will provide you with enough selenium to reap its anti-aging benefits.

**5. Tomatoes** – Tomatoes are rich in lycopene, which has been shown to support heart health and healthy cholesterol levels as you age. Lycopene also acts as a natural sun block to keep skin youthful and protected from harmful UV rays.

**6. Raspberries & Blueberries** – These two berries contain

important anti-oxidants to help offset inflammation and oxidative stress that contribute to skin aging and wrinkles. Just one serving of either or these berries contains more anti-oxidants than 10 servings of most other fruits and vegetables!

**7. Organic Eggs** – Despite the bad rap eggs get because of their cholesterol content, eggs are rich in biotin and iron which help to promote healthy, youthful skin and hair.