

## *Top Five Fountain of Youth Foods*

- ◆ Life expectancy hit a record high of 77.6 years for Americans in 2005, according to the National Center for Health Statistics. In fact, Americans are living longer than ever before, and some predict that today's children will live well beyond 100 years old.
- ◆ America's 78 million boomers are driving the success of functional and fortified foods, spending more on groceries than their youth and senior counterparts. Researchers believe this trend is due to Boomers' focus on health and particularly anti-aging. (Source: *Food and Drink Weekly*, February 2006)
- ◆ Top researchers have named the following as nature's best 'Fountain of Youth' Foods:
  1. **Milk, Cheese and Yogurt** are still unbeatable for strong bones and teeth.
    - The National Osteoporosis Foundation says age is the chief single predictor of osteoporosis. The best way to avoid the disease is daily weight bearing exercise and eating a calcium-rich diet. Within the next year, consumers will more readily know what foods help reduce the risk of osteoporosis because the FDA is allowing manufacturers to label milk, cheese and yogurt with a new health claim. (Source: Food Drug Administration, January, 2007)
    - The protein casein found in aged cheddar and Swiss may help teeth enamel form a protective shield against corrosive acids that cause cavities. (Source: The Academy of General Dentistry).
  2. **Fruits and Vegetables** contain disease and age fighting nutrients, so eating more matters.
    - Recommendations range from five to 13 servings of fruits and vegetables each day depending on age, size and gender. Unfortunately, most adults eat only three servings a day. (Source: Harvard School of Public Health, December 2004)
    - Foods high in antioxidants, such as berries, broccoli, tomatoes and cantaloupe, may help slow the aging process. Studies show that certain antioxidants -- vitamin C, vitamin E, selenium and vitamin A - nourish and protect skin to extend its youthful appearance. (Source: The American Dietetic Association)
  3. **Whole Grains**, like oats and wild rice, may improve heart function and cut the risk of diabetes by six percent due to their natural antioxidants and fiber. (Source: *American Journal of Clinical Nutrition*, January, 2006)
  4. **Fish**, such as salmon and tuna, eaten at least twice a week has been shown to reduce the incidence of stroke and improve heart function due to the omega 3 fatty acids, according to The American Heart Association.
  5. **"Vitamin E" Foods** may keep your mind sharp, and be nature's best protection against dementia. In fact, researchers concluded eating nuts, seeds, wheat germ and fortified cereals had better brain boosting results than taking vitamin E supplements. (Source: *Journal of the American Medical Association*, June 2002)
- ◆ A *Journal of American Medical Association* study found a connection between eating a lower calorie, nutritionally balanced diet and reducing the mechanisms of aging. In fact, researchers found that after six months, participants on a calorie restricted regimen had heart functions of much younger people and lost 15 percent of their body weight.