

Eating For Longevity



Amanda's guide on how to use food to fuel your body
not hurt it!



Preventing Aging

<http://accidentinjuryspecialist.com/preventing-aging-in-your-back-and-body/>

- ❖ Aging is unavoidable
- ❖ However, only 20% of aging is determined by genetics
- ❖ That means the other 80% is determined by outside factors that YOU can control!



- Diet
- Exercise
- Alcohol/drug consumption
- Smoking

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet>



<https://www.aao.org/eye-health/tips-prevention>




<https://www.dnalegal.com/blog/how-long-do-drugs-and-alcohol-stay-your-system>




<https://strive2move.com/why-your-exercise-isnt-working/exercise/>

Diseases that can be related to diet

 Heart Disease

 Cancer

 Stroke

 Diabetes

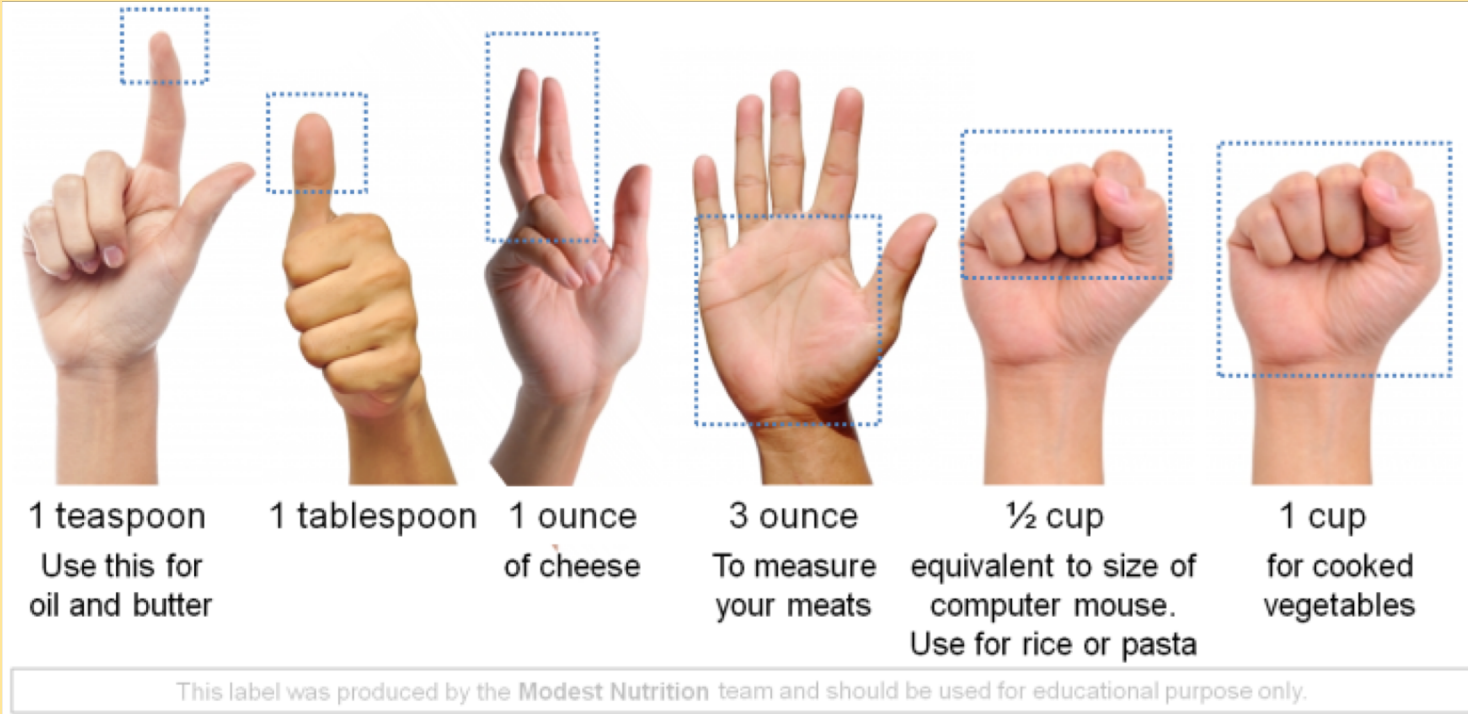
 Chronic Kidnet Disease

The Healthy Plate Model

- $\frac{1}{2}$ of your plate should be non-starchy vegetables
- $\frac{1}{4}$ should be lean protein
- $\frac{1}{4}$ should be grains or starchy vegetables
- Also, the best drink to have with any meal is water



Secret way to measure serving size



Foods to stay away from

- ❖ Trans Fats:
- ❖ Refined/added sugar
- ❖ “Empty Carbs”
 - Crackers, cookies, pies, chocolate
 - Frozen pizza, hotdogs, etc.
 - Fast-food and fried food
 - Vegetable shortening and margarine
 - Coffee creamer
 - Doughnuts
 - White bread
- ❖ High Sodium

Trans Fats, added sugar, and empty carbs all basically fall in the same food category, meaning most “bad foods” have all three!



Foods to eat more of!

❖ **Fiber**

- Fiber is found in plant based foods only
- It can be found in vegetables, whole fruits, whole grains, beans and legumes, nuts and seeds
- Fiber can help lower cholesterol, promote a healthy gut, digestion, and best of all, it helps keep you fuller for longer!

❖ **Lean Protein**

- Protein also helps keep you feeling fuller longer
- Protein also helps promote lean muscle mass

❖ **Healthy Fats**

- Polyunsaturated fats are the best fats to consume with many health benefits
- Try to consume olive oil, avocados, olives, nuts, seeds, oily fish

Most Essential Vitamins

- ❖ **Magnesium**- very important for muscle health and muscle contractions
 - Spinach, leafy greens, beans, almonds
- ❖ **Calcium**- very important for bone and teeth health
 - Milk and dairy
- ❖ **Vitamin C**- Very important for your immune system
 - Veggies, papaya, orange juice and oranges, cherries
- ❖ **Vitamin B-12**- very important to convert food to energy
 - Foods from animals, some cheese, and yeast



<http://asiaspaindia.com/article/vitamin-solution>



https://www.health.harvard.edu/staying-healthy/listing_of_vitamins

Stay Active

- ❖ For most healthy individuals, you should aim for 150 minutes of moderate aerobic activity a week
- ❖ If you are doing more intense workouts, it is recommended you get 75 minutes a week
- ❖ Cardio should be done in combination with weight training for overall cardiovascular health
- ❖ Even just making an effort to walk more throughout the day, take the stairs, walk the dog... just being more aware of being active!

Overall, physical activity can help reduce the risk of several diseases, and can also increase your “feel good” chemicals and make you overall happier!

Sleep



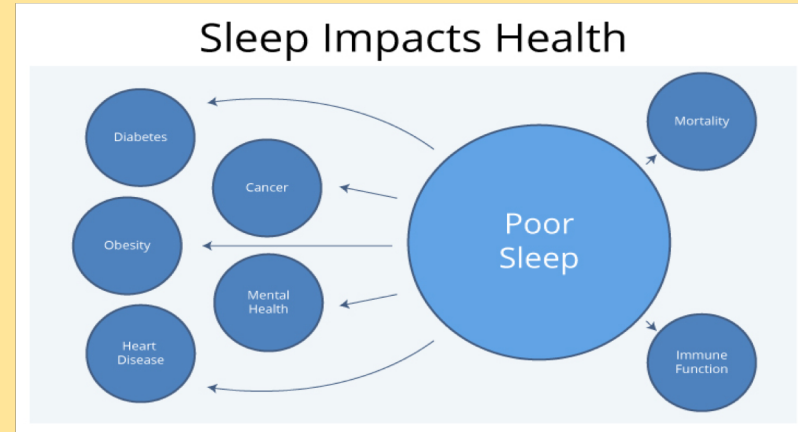
- ❖ A good nights sleep is so crucial to good health, and is one of the most overlooked topics in terms of health
- ❖ It is common to think during sleep the brain and body are doormant, however it is quite the opposite. Your brain and body are doing array of activities that directly affect your quality of life
- ❖ 7-9 hours is the ideal range for sleep an individual should be getting a night

What sleep deprivation can do to you mentally and physically

- ❖ Can make you gain weight
- ❖ Affects your ability to concentrate and be productive
- ❖ Can hinder athletic performance
- ❖ Causes a greater risk of heart disease and stroke
- ❖ Affects the metabolism of glucose and Type 2 diabetes risk
- ❖ Poor sleep can be linked to depression
- ❖ Can impair your immune system
- ❖ More likely to be exposed to inflammation
- ❖ Can affect emotions and social interactions



<https://www.healthcentral.com/article/how-lack-of-consistent-sleep-affects-mental-health>



<https://springairusa.com/sleep-impacts-health/>

Summary

- ❖ Eating the right foods can help prevent disease
 - ❖ The Healthy Plate Method
 - ❖ Use your hand for portion sizes
- ❖ Stay away from trans fat, added sugar, and high sodium
 - ❖ Be aware of what vitamins you need most
 - ❖ Get 7-9 hours of sleep a night