



Ten Foods  
For  
Longevity!





- **Tomatoes** .. A major source of the antioxidant lycopene that reduces the risk of cancer by 40% -- notably prostate, lung and stomach cancers -- and increases cancer survival. Tomato eaters function better mentally in old age and suffer half as much heart disease. Concentrated tomato sauces have 5 times more lycopene than fresh tomatoes, and canned tomatoes have three times more than fresh.





***Olive Oil* ..** Shown to help reduce death from heart disease and cancer. Recent research shows that heart-attack survivors on a Mediterranean diet had half the death rates of those on an ordinary low-fat diet. Olive oil is also high in antioxidant activity.



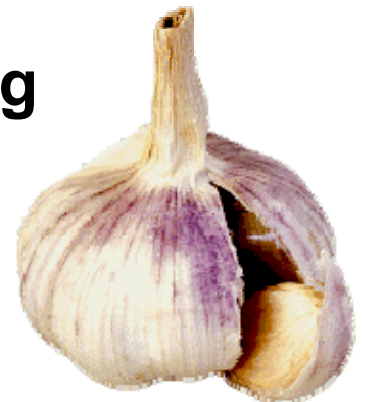


***Red Grapes*** , including red grape juice. Red grapes have moderate antioxidant power, while purple grape juice has four times more antioxidant activity than orange or tomato juice. Red wine (not white) has about the same antioxidant capacity as purple grape juice or tea. French research shows that drinking red wine in moderation increases longevity, but excessive drinking has the opposite effect, so limit to two glasses per day. Drink grape juice.





***Garlic* ..** German researchers have found that garlic is packed with antioxidants known to help fend off cancer, heart disease, all-over aging, and prolong cancer survival time. Let crushed garlic "rest" for about 10 minutes before cooking to preserve disease-fighting agents.





***Spinach* .. Second among vegetables only to garlic in antioxidant capacity and is also rich in folic acid, which helps fight cancer, heart disease and mental disorders. New University of Kentucky research shows folic acid may help prevent Alzheimer's disease. Eat both raw and steamed for best benefit.**





**Whole grains ..** A University of Minnesota study suggests the more whole grains you eat, the lower your odds of death by 15%. Whole grains contain anticancer agents and help stabilize blood sugar and insulin, which may promote longevity. Whole-grain "dark" breads, cereals such as All Bran, and "old fashioned" oatmeal are an excellent source.





***Salmon*** , and other fatty fish. Contains high amounts of omega-3 fat that performs miracles throughout the body, fighting virtually every chronic disease known. Without it, your brain can't think, your heart can't beat, your arteries clog, and joints become inflamed. You need one ounce a day, or two servings of salmon, sardines, mackerel, herring or tuna per week.





***Nuts* ..** A Harvard University study found that eating more than 5 ounces a week can cut heart-attack deaths in women by 40% and help prevent deadly irregular heart beats in men. Almonds and walnuts lower blood cholesterol. Most of the fat in nuts is the good-type monounsaturated and/or omega-3. Unsalted nuts are best.





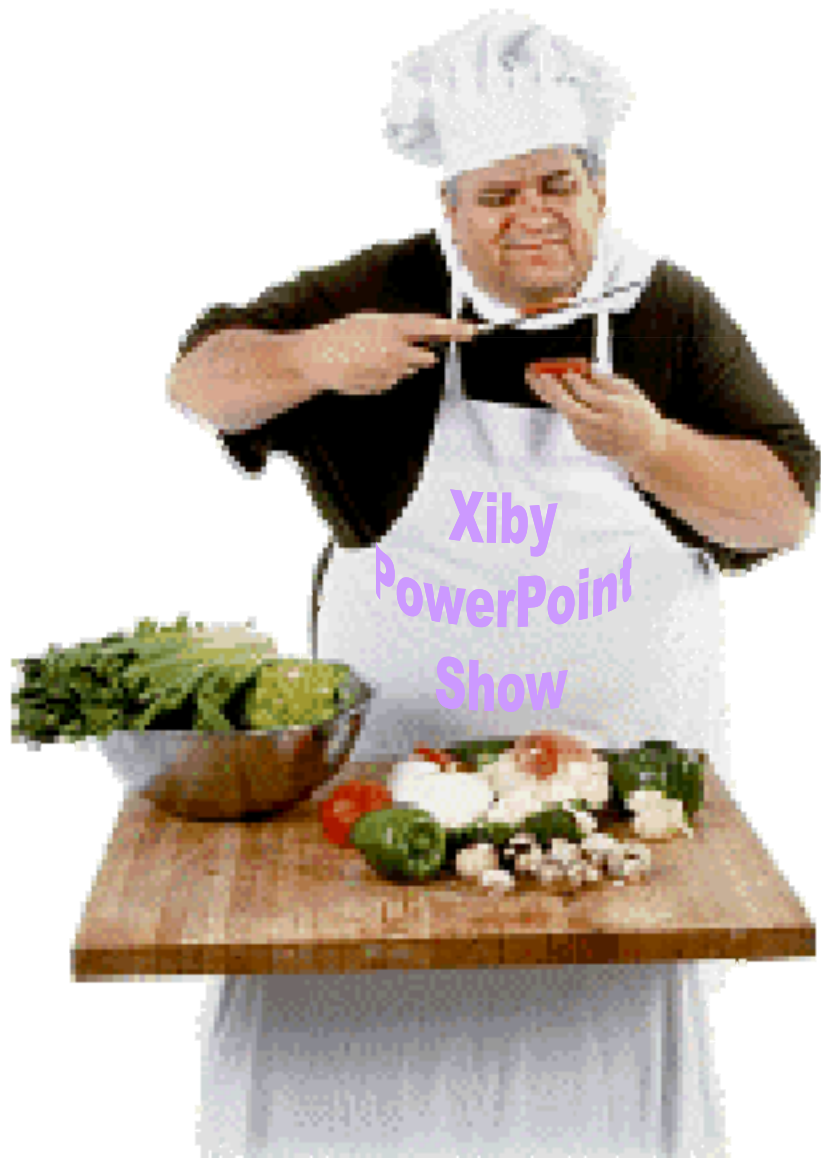
***Blueberries* .. High in antioxidants, Tufts University researchers say a half-cup of blueberries a day can retard aging and can block brain changes leading to decline and even reverse failing memory.**





**Tea ..** Green or black tea has equal antioxidant benefit. Harvard researchers found that one cup a day can cut heart disease risk in half, whilst Tufts University shows that made from loose tea or tea bags, instant or bottled tea has little effect.





*Now  
that you have had  
your fill of nutritional food,  
share it with friends.*