

ANTI-AGING Foods & Drinks Checklist

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FOODS TO EAT

Olive Oil & Olives

- Polyunsaturated fats
- Monounsaturated fats
- Antioxidants (vitamin E and coenzyme Q10)

- ✓ Heart Health
- ✓ Healthy Cholesterol
- ✓ Fight Damage From Free Radicals

Other Anti-Aging Oils

- Coconut Oil
- Palm Oil
- Avocado Oil
- Rice Bran Oil

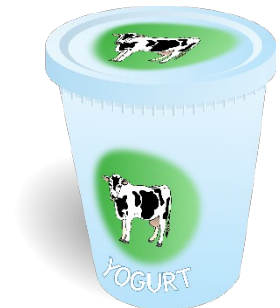
Whole Grains

- Fiber
- Beta glucans

- ✓ Heart Health
- ✓ Healthy Cholesterol
- ✓ Energy

Vitamin D Fortified Greek Yogurt

- ✓ Bone health



Oysters

➤ Zinc

- ✓ Protein synthesis
- ✓ Immunity Health
- ✓ Collagen Formation
- ✓ Anti-inflammation

Turmeric

➤ Curcumin

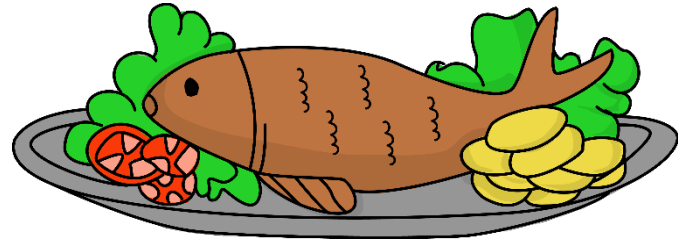
- ✓ Prevent cellular aging and degenerative diseases
- ✓ Anti-inflammatory
- ✓ Joint health



Omega-3 Fatty Acids

- ✓ Brain Health
 - ✓ Healthy Cholesterol and Heart Health
 - ✓ Skin Health
 - ✓ Reduction in elevated blood triglyceride levels
 - ✓ Alleviate joint pain and stiffness from rheumatoid arthritis
 - ✓ May help protect against dementia conditions, such as Alzheimer's disease
 - ✓ May help prevent age related gradual memory loss linked to aging
-
- Walnuts
 - Flaxseed and flaxseed oil
 - Canola oil

- Soybean oil
- Mackerel
- Wild Caught Salmon
- Anchovies
- Bluefish
- Herring
- Sardines
- Sturgeon
- Lake trout
- Tuna



Dark Chocolate

➤ Flavonoids

- ✓ Diseases prevention
- ✓ Prevent damage from free radicals

Nuts

➤ Healthy fats and omega-3s

- ✓ Immunity health
- ✓ Prevent oxidative stress
- ✓ Prevent cell damage
- ✓ Prevent inflammation that accelerates aging



Perfect Portions (Choose one daily)

- 18 medium cashews

- 12 hazelnuts or filberts
- 8 medium Brazil nuts
- 12 macadamia nuts
- 35 peanuts
- 15 pecan halves
- 14 English walnut halves

Seeds

- Plant proteins
- Healthy fats
- Key nutrients for disease prevention

- ✓ Anti-inflammation
- ✓ Skin health
- ✓ Heart health

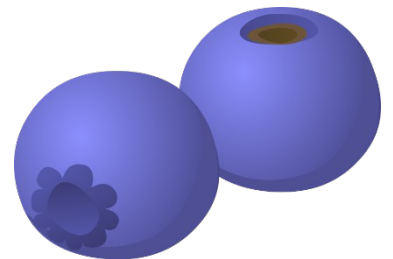
- Pumpkin Seeds
- Sunflower Seeds
- Flax Seeds
- Sesame Seeds



Blueberries

- Key antioxidants

- ✓ Reduce risks of cancer
- ✓ Reduce cholesterol levels
- ✓ Reduce risks of heart disease and stroke
- ✓ May reduce risks of neurological diseases
- ✓ Brain and memory health
- ✓ Support immune system health
- ✓ Improve urinary tract health
- ✓ Improve eye health



- ✓ Prevent inflammation and oxidative damage
- ✓ Protect from free radicals
- ✓ Youthful complexion and skin health
- ✓ Positive mood

Fresh Raw Garlic

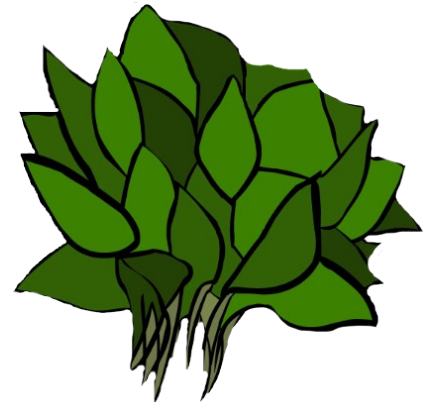
- Key Antioxidant – Allicin

- ✓ Protection from free radicals
- ✓ Heart health
- ✓ Prevent plaque build-up in the heart
- ✓ Healthy cholesterol



Kale

- Lutein
- Zeaxanthin
- Vitamin K1
- Vitamin C
- Beta carotene
- Manganese
- Copper
- B Vitamins
- Fiber
- Calcium
- Potassium
- Vitamin E
- Iron



- Magnesium
 - Omega-3 fats
 - Phosphorus
 - Folate
-
- ✓ Prevents oxidative stress that accelerates aging
 - ✓ Protects from damage caused by free radicals
 - ✓ Immune system health
 - ✓ Healthy blood pressure
 - ✓ Healthy blood clotting
 - ✓ Reduced risk for cancer
 - ✓ Skin health
 - ✓ Healthy cholesterol for heart health
 - ✓ Contains lutein and zeaxanthin, which numerous studies have shown to greatly reduce risks for age related macular degeneration and cataracts, two of the most common eye disorders in older people

Spinach

- Folate
 - Beta-carotene
 - Vitamin C
 - Vitamin K1
 - Dulforphane
-
- ✓ Short-term memory health
 - ✓ Reduced risk for heart disease
 - ✓ Reduced risk for cancer



- ✓ Protection from free radicals
- ✓ Skin and hair health and moisture

Collard Greens/Salad Greens/Spinach

➤ Vitamin K1

- ✓ Vein health and prevention of varicose veins
- ✓ Strong bones
- ✓ Healthy blood sugar levels
- ✓ Healthy blood clotting
- ✓ Prevention of heart disease
- ✓ Possible reduced risk of Alzheimer's disease
- ✓ Prevention of certain cancers, such as lung and liver cancer



Broccoli

➤ Isothiocyanates
➤ Sulforaphane
➤ Fiber
➤ Folate
➤ Vitamin K
➤ Vitamin C



- ✓ May reduce risks for breast cancer (folate)
- ✓ May reduce risks for lung and colon cancer (sulforaphane)
- ✓ Protect from heart disease, type 2 diabetes, stroke, and hypertension (fiber)
- ✓ Strong bones
- ✓ Weight Loss
- ✓ Collagen production for younger looking skin (vitamin C)

Similar Foods

- Brussel sprouts
- Cauliflower
- Cabbage
- Arugula
- Watercress
- Horseradish

Swiss Chard

- Chlorophyll
- Vitamin K
- Vitamin A
- Potassium
- Magnesium
- Alpha-lipoic acid

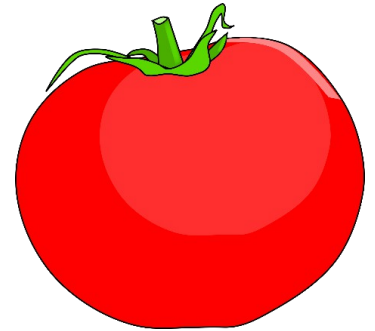
- ✓ Bone health
- ✓ Eye health
- ✓ Reduced risk for cancer
- ✓ Healthy blood sugar
- ✓ Lower blood pressure

Tomatoes

- Lycopene



- ✓ Skin health
- ✓ Skin hydration
- ✓ Anti-wrinkle
- ✓ Protection from harmful effects of ultraviolet rays
- ✓ Heart health
- ✓ Strong bones
- ✓ Anti-cancer
- ✓ Stroke prevention



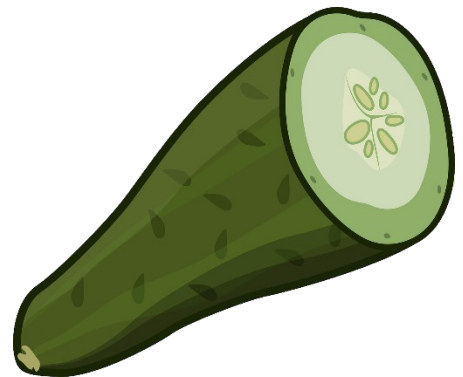
Other foods that contain lycopene:

- Pink grapefruit
- Carrots
- Watermelon
- Guava
- Red peppers

Cucumbers

- 99% water
- Silica

- ✓ Hydration for anti-aging skin health
- ✓ Anti-wrinkle and collagen production



Soy Foods

- Phytoestrogens
- Isoflavones

- ✓ Skin health and anti-aging properties

- ✓ Bone health
- ✓ Heart health
- ✓ Mimic estrogen for menopause support

- Tofu
- Edamame
- Soymilk

Guava/Lemons/Limes/Bell Peppers/Oranges

➤ Vitamin C

- ✓ Boost collagen production for younger skin
- ✓ Heart health
- ✓ Immune system health
- ✓ Anti-Cancer



Black Currants

➤ Anthocyanosides

✓ Eye health

Pineapples

➤ Manganese

✓ Anti-aging skin benefits

Concord Grapes

➤ Polyphenols

✓ Brain Health

✓ Heart Health

✓ Antioxidant and anti-inflammatory properties

Mushrooms

➤ B Vitamins

➤ Vitamin D

➤ Beta Glucans

✓ Weight management

✓ Reduce and prevent inflammation

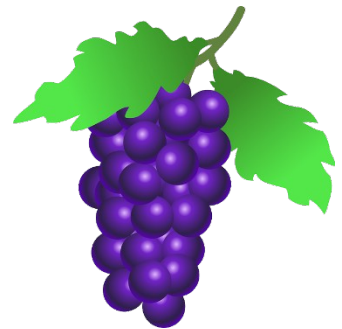
✓ Support calcium absorption

✓ Anti-cancer

✓ Boost immunity

✓ Natural Detox

✓ Heart Health

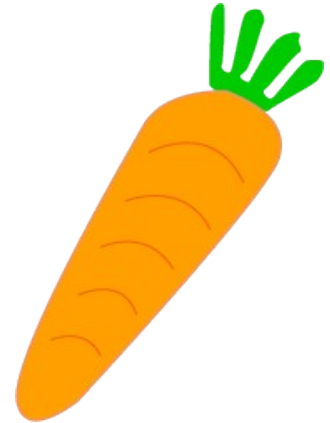


- ✓ Healthy Metabolism

Carrots and Sweet Potatoes

- Vitamin A

- ✓ Eye health
- ✓ Collagen production for younger skin
- ✓ Shiny hair
- ✓ Skin health
- ✓ Anti-cancer properties



Beans and Lentils

- Fiber
- Phytochemicals
- Protein-based amino acids
- No fat protein sources

- ✓ Hair health
- ✓ Heart health
- ✓ Muscle health
- ✓ Healthy cholesterol



Wheat Germ

- Zinc

- ✓ Skin cell production
- ✓ Anti-inflammatory properties
- ✓ Skin health
- ✓ Acne prevention

Saffron

➤ Carotenoid phytonutrients: crocin and crocetin

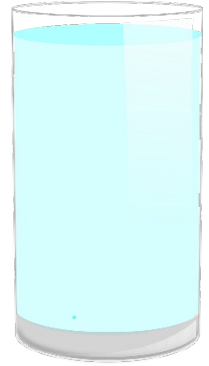
- ✓ Antioxidants to fight free radicals
- ✓ Anti-tumor effects
- ✓ Prevent premature aging of DNA
- ✓ May help stop cancer cell proliferation



WHAT TO DRINK

Water

- Hydration that supports all internal functions within the body



Green Tea

- Flavonoids
- Theanine

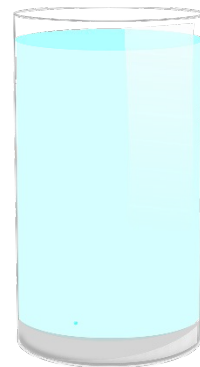
- ✓ Cell health
- ✓ Protection from free radical damage and stress
- ✓ Weight loss
- ✓ DNA health and damage protection
- ✓ Calm
- ✓ Focus
- ✓ Stress management



Lemon and Lime Juice

- Vitamin C

- ✓ Boost collagen production for younger skin
- ✓ Heart health
- ✓ Immune System Health
- ✓ Anti-Cancer



Coffee

- Caffeine
- Antioxidants

- ✓ Lower risk for cancer
- ✓ Focus
- ✓ Alertness
- ✓ Energy
- ✓ Protection from type 2 diabetes
- ✓ Protection from heart rhythm problems
- ✓ Prevent tooth decay and cavities
- ✓ Improved Mood
- ✓ Liver Health
- ✓ May Prevent Skin Cancer
- ✓ Heart Health
- ✓ Tightens DNA integrity
- ✓ Fight free radicals



Cocoa

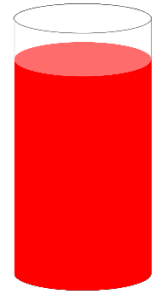
- Flavonols
- Epicatechin

- ✓ Healthy functioning of blood vessels
- ✓ Lower risk of high blood pressure, type 2 diabetes, kidney disease and dementia
- ✓ Epicatechin supports skin health, increases blood flow, oxygen and nutrients to the skin

Cranberry Juice

➤ Flavonoids

- ✓ Anti-inflammation
- ✓ Tooth decay
- ✓ Improved



Beet Juice

➤ Nitrates

- ✓ Boost blood flow to the brain to reduce risk of dementia diseases, and Alzheimer's disease
- ✓ Heart health
- ✓ Keep blood vessels strong

Other sources of nitrates

- Cabbage
- Radishes



Green Juice

- Antioxidants
- Phytochemicals
- Minerals and vitamins

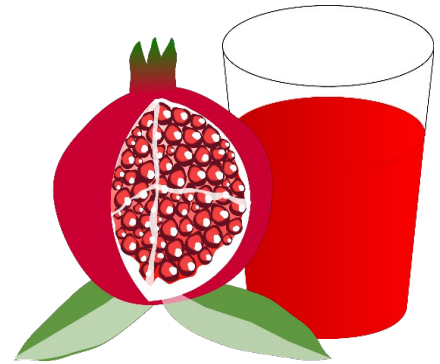
- ✓ Protection from free radical damage
- ✓ Protection from oxidation
- ✓ Healthy cholesterol
- ✓ Cancer prevention



Pomegranate Seed Juice

- Antioxidants
- Ellagic Acid
- Punicalagin

- ✓ Prevent inflammation
- ✓ Reduce risks for heart disease
- ✓ Cancer prevention
- ✓ Fight damage from free radicals
- ✓ Collagen production for younger skin



Soymilk

- Isoflavones

- ✓ Skin health and anti-aging properties
- ✓ Bone health
- ✓ Heart health
- ✓ Mimic estrogen for menopause support



Milk

- Leucine
- Vitamin D
- Essential amino acids
- Calcium

- ✓ Bone strength



✓ Healthy muscle mass

- Leucine is also found in Greek yogurt, lean meat, soy, and fish

100% Pure Fresh Orange Juice

➤ Vitamin C

- ✓ Boost collagen production for younger skin
- ✓ Heart health
- ✓ Immune system health
- ✓ Anti-cancer



Red Wine or Purple Grapes

➤ Resveratrol

- ✓ Slows the aging process
- ✓ Heart health
- ✓ Reduces risk for age related memory loss



Herbal Teas

➤ Various compounds in support of good health

➤ Antioxidants

- ✓ High blood pressure
- ✓ Anti-inflammatory properties

- ✓ Stress reduction
- ✓ Prevent tooth decay
- ✓ Immune system health
- ✓ Cardiovascular health
- ✓ Blood circulation



Good Tea Choices

- Nettle tea
- Ginger tea
- Peppermint tea
- Hibiscus flower tea (sorrel)
- Green tea
- Cardamom tea
- Rosehip tea
- Blackberry leaf tea
- Hawthorn herb tea