

Eating to Improve Your Health Span

By Christine Kelly



Healthy Living Club

*Empowering Healthier Choices
To Live Healthfully to 105*

Nutrition and Longevity

- Longevity research strongly correlates nutrition to longevity and brain health
- Most chronic neurological diseases—stroke, migraine, diabetic neuropathy are lifestyle/diet related-diseases of inflammation
- Several studies have shown vegetarians are less likely to develop dementia and Alzheimer's than meat eaters
- Saturated fats cause inflammation and long term damage to your brain
- Your brain needs omega-3 fatty acids and many people don't get enough (animal products/processed foods have more omega 6)

Feeding Your Body

✓ **FOUR ALWAYS**



100% Whole grains: Farro, quinoa, brown rice, bulgur (cracked wheat), oatmeal, whole cornmeal



Nuts: A handful a day



Beans: A cup of beans per day



Fruit & vegetables: 5-10 servings per day

✗ **FOUR TO AVOID**



Sugar-sweetened beverages: Empty calories



Salty snacks: Too much salt and preservatives



Packaged sweets: Cookies, candies, and processed sweets banned from pantry



Processed meats: Linked to cancer and heart disease



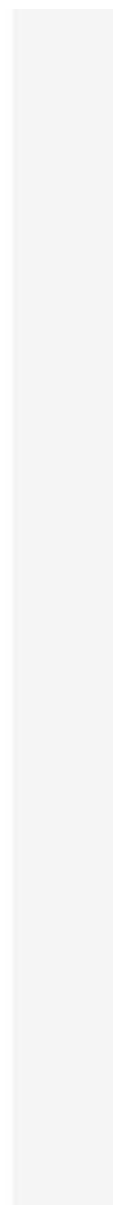
FOOD GUIDELINES

MONTHLY



Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month

Reduce dairy



WEEKLY

Slash sugar: Consume only 28 grams
(7 teaspoons) of added sugar daily



Eliminate eggs:
No more than 3 per week



Go easy on fish:
Fewer than 3 oz, up to 3 times weekly



DAILY



Snack on nuts:
About 1-2 handful a day



Drink mostly water: About 7 glasses / day;
coffee, tea, and wine in moderation



eat often with family and friends

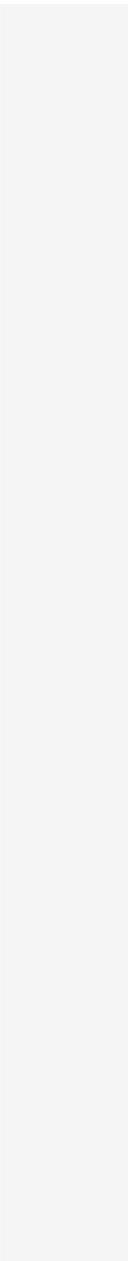
Daily dose of beans: Half-cup to one cup / day



Go wholly whole: Single-ingredient, raw, cooked,
ground, or fermented, and not highly processed



95-100% plant-based



Feeding Your Brain

Green Leafy Vegetables	Especially dark green leafy vegetables like kale, watercress, Swiss chard, collard greens, arugula, spinach	3 cups raw or 1.5 cooked
Whole Grains	Such as oats, quinoa, brown rice, farro, buckwheat	3 servings (½ cup cooked oatmeal, quinoa, brown rice, or 100% whole wheat pasta is 1 serving)
Seeds	Especially ground flaxseeds and chia seeds	2 Tablespoons (2 servings)
Beans and Legumes	Chickpeas, black beans, pinto beans, lentils, edamame, giant beans, tempeh, tofu	3 servings of ½ cup cooked beans or tofu/tempeh, ¼ cup hummus, or ½ cup peas
Berries	Such as blueberries, blackberries, strawberries	½ cup (1 serving)
Nuts	Such as walnuts, almonds, cashews	¼ cup (1 serving)
Crucifers	Such as broccoli, cauliflower, bok choy, cabbage, brussels sprouts	1 cup (2 servings)
Tea	Green, white, black, Oolong	At least 1 cup daily
Herbs and Spices	Especially turmeric, but also sumac, sage, rosemary, thyme, oregano, cloves, Indian gooseberry, saffron	At least ¼ teaspoon daily

Other Brain Foods

- Mushrooms—immune booster and have B vitamins (proven to lower Alzheimer's risk)
- Avocados
- Beets--folate, manganese, copper for neural infrastructure
- Olives—good fats
- Cacao—improve oxygen flow
- Sweet potatoes—phytonutrients, A and C, minerals and fiber to regulate blood sugar
- Soy--isoflavones, antioxidants, high protein, can lower LDL
- Gogi Berries—anti-inflammatory

Examples of ultra-processed foods, saturated fats and trans fats that should be avoided or very limited include:

- ▶ Processed sugar
- ▶ White flour
- ▶ Packaged snacks/sweets
- ▶ Red meat
- ▶ Processed meats
- ▶ Cheeses high in saturated fats
- ▶ Butter
- ▶ Coconut oil

Additionally, alcohol is neurotoxic and its high use has been associated with increased risk of brain atrophy (shrinkage) and ultimately dementia.

Fishy Facts (Avoid **ALL** Farmed Fish)

Good Fish

- Anchovies
- Sardines
- Clams
- Shrimp
- Oysters
- Scallops
- Pollock
- Salmon
- Tilapia
- Catfish
- Mackerel

Potentially Harmful Fish (Mercury/toxins)

Tuna
King mackerel
Marlin
Halibut
Shark
Swordfish
Grouper
Cod
Lobster
Bass
Snapper
Mahimahi

Breakfast Smoothie

- 2 cups veggies (kale, spinach, broccoli, cauliflower)
- 1 scoop protein powder
- 2 Tbs chia seeds, soaked overnight
- 2 Tbs ground flax seed
- 1 cup plant based milk
- ½ cup frozen fruit (berries, bananas)

Add all ingredients to a high powered blender and blend until smooth.
Add more water if necessary to get desired consistency

Longevity Smoothie

1 15 oz can white beans

½ cup blackberries (frozen or fresh)

½ cup raspberries (frozen or fresh)

½ cup cherries (frozen or fresh)

4 Medjool dates, pitted and soft

1 cup yogurt (plant-based or regular)

1 cup plant-based milk

Put all ingredients in the blender, blend until smooth. You can swap out some of the berries with spinach or kale.

Crunchy Chickpea Snacks

1 15 oz can chickpeas, drained and rinsed

2 Tbsp tahini

1 tsp avocado oil

½ tsp cumin

½ tsp sumac

½ tsp hot paprika

½ tsp salt

Mix all ingredients in a bowl, put on a parchment lined cookie sheet. Bake at 400 degrees for 25-30 minutes. Check doneness and mix around at 15 minutes.

Reference Book

Website

www.thebrainsdocs.com

