

TOP 10 FOODS TO EAT AND AVOID FOR LONGEVITY

EAT



Leafy, Dark Greens. Contain powerful phytonutrients that can block early cancer development and boost cognitive function.



Berries. Contain critical minerals, vitamins, antioxidants, flavonoids, and polyphenols that are good for your brain, heart, and overall health.



Mushrooms. Bioactive compounds and phytochemicals provide anticancer effect against various types of cancer. Also good for the brain.



Legumes/Beans. Contain high levels of soluble and insoluble fiber. Correlated with a decreased risk of cancer, heart disease, and Alzheimer's.



Nuts/Seeds. Anti-inflammatory and cancer-protective and rich in sterols, stanols, fiber, minerals, and other health-promoting nutrients.



Onions/Garlic. Supply anticancer, antioxidant, and anti-inflammatory compounds, including diallyl disulfide, proven to kill leukemia cells in labs.



Tomatoes. High in the carotenoid lycopene. Strong antioxidant and anti-inflammatory qualities shown to help protect against cardiovascular disease.



Cabbage & Other Crucifers. Phytochemicals in cruciferous vegetables have been found to decrease rates of various types of cancer.



Turmeric. Potent spice may reduce inflammation and blood glucose levels, increase blood flow to the brain, and help prevent Alzheimer's.



Tea. White, green, oolong, and black tea are rich in antioxidants. Has been linked to improved cognitive function and reduced Alzheimer's.

AVOID



Sugar/Artificial Sweeteners. Linked to increased risk of obesity, type 2 diabetes, cardiovascular disease, and cancer.



Alcohol. 4th leading preventable cause of death in the U.S. Excess consumption causes liver disease, cancer, ulcers, and osteoporosis.



Fried Foods. Form acrylamides and other dangerous inflammation-causing compounds. Can cause genetic mutations and increase cancer risk.



White Flour. Associated with obesity, diabetes, cardiovascular disease, and cancer. Highly processed. Body reacts similarly to sugar.



Processed Meats. Hot dogs, luncheon meats, bacon, etc., are known carcinogens linked to early death.



Soda. Damages teeth, increases risk for diabetes, and also linked to cancer. Often contains artificial colors which create known carcinogens.



Commercial Baked Goods. High in refined carbohydrates and unhealthy oils which are linked to depression, dementia, and other ailments.



Grain-Fed Red Meat. Contains and increases cancer-promoting hormones. High in saturated fat, which contributes to cardiovascular disease.



Dairy. Studies have shown dairy may be linked to increased risk for prostate, testicular, ovarian, and breast cancers.



High-Salt Foods. Excess sodium can cause high blood pressure, strokes, heart attacks, autoimmune and kidney diseases, and stomach cancer.