

# Defeat Aging with NUTRITION



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**IT'S JUST COMMON SENSE TO RECOGNIZE THAT AGING WELL** requires that you get enough daily activity and the appropriate amount of healthful food to support your body and mind. But 21<sup>st</sup> century living seems to push common sense aside. With an abundance of food, much of it unhealthy, and day-to-day living that requires little physical movement to sustain us, plus a stress level that might cause a 17<sup>th</sup> century person to faint dead away, we have to make an effort to do what should come naturally.

*Stop Aging Now* brings you high-quality supplements to ensure you get the vitamins and minerals you need, as well as other nutrients to protect you from age-related declines in physical and mental functioning, the stresses of modern life and to support weight loss. But we know that these aids are not being optimized unless you match them with smart choices when it comes to food intake and activity levels.

We live in a world today where you could get away with walking no more than the distance it takes

to get to your car and back, and where, conceivably, you could eat all day yet still be deprived of the nutrients you need. In this booklet, we give you the basic guidelines for getting the exercise and nutrition you need to live a longer, healthier, happier, more dynamic life.

Let's start with healthy eating, since what you eat has such a huge impact on your health, how you feel, your weight and your energy levels.

## The Basics of Healthy Eating

The basics of healthy eating don't change much as we get older, but there are some new issues we need to consider. For example, we may be dealing with age-related weight issues. Even when we continue to exercise, our metabolism slows down as we age. We find it harder to lose weight and may become frustrated because the scale doesn't seem to budge despite our best efforts. We may be dealing for the first time with age-related health issues such as high cholesterol, high blood pressure, constipation and arthritis,

and be trying to figure out (and stick with) a diet that helps us avoid having to take drugs for these problems. We want to enjoy life—and food! But we also want to be responsible and take care of our bodies. We may take supplements to help us get the nutrients we need, but we also know that food is important. We can't afford to eat too many empty calories.

## What Should You Be Eating?

Eating to stay healthy and eating to lose weight aren't all that different. In fact, overweight people who start eating healthier often tend to settle at a lower weight, even if they are not deliberately trying to lose weight. That's because, by choosing fruits and vegetables, whole grains, fish, lean cuts of meat and low-fat dairy foods, they find it easier to fill

up without overeating.

It may sometimes seem like there is a fair amount of conflicting information about nutrition. (Is milk really good for me? Are potatoes bad?) But there is less disagreement about the basics than you might think. We'll cover those basics here for you, with a focus on adults age 45 and older who want to stay healthy, and perhaps, lose a little weight.

## Eat More Fruits and Vegetables

This has been a consistent recommendation for a healthy diet, with good reason. Fruits and vegetables are packed with vitamins and minerals, fiber and lots of other goodies (called phytochemicals)



Shop your local farmer's market for fresh-as-it-gets produce.