

WHAT WE'RE READING...



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Want to Live to 100? Eat These Foods



Alas, there are no magic bullets for living to 100. “The best advice is still Michael Pollan’s: ‘Eat food, not too much,’” says Simin Nikbin Meydani, PhD, director of the USDA–Human Nutrition Research Center on Aging at Tufts University. Beyond that, try these science-backed strategies.

Don’t skimp on vegetables

Eat five fruits and veggies a day, preferably more, to slash your risk of heart disease, stroke, and cancer.

Eat yogurt

Work in low-fat yogurt daily. It’s packed with probiotics, a major focus of current research for its immune-boosting potential.

Have fish for dinner

Eat fish two to three times a week. Make at least one an oily fish like salmon for the omega-3 fatty acids, which are known to reduce disease-causing inflammation.

Focus on fiber

Get fiber—at least 25 grams a day, says the USDA. A high-fiber diet can help you lose weight, lower cholesterol, and reduce the risk of heart disease.

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[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

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Get fiber—at least 25 grams a day—by eating fruits, veggies, and whole grains. A high-fiber diet can lower your risk of dying from any cause, say researchers from the National Cancer Institute.

Go nuts

Snack on nuts like pistachios and walnuts to fight heart disease. Stick to a handful a day.