

# 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.