

A study conducted by researchers from Edith Cowan University, Queen's University Belfast, and the Harvard T.H. Chan School of Public Health found that flavonoid-rich foods help reduce the risk of unhealthy aging, including weakness, impaired physical function, and poor mental health.

The study analyzed data from 62,743 women and 23,687 men over the age of 24. It revealed that women who consumed the most flavonoids had a 15% lower risk of weakness, a 12% lower risk of impaired physical function, and a 12% lower likelihood of poor mental health compared to those who consumed the least.

Participants who added three more servings of flavonoid-rich foods to their diet had a 6-11% lower risk of aging-related issues in women and a 15% lower risk of poor mental health in men.

Always consult a specialist before making health-related decisions.