

Most of us want to live longer and grow old. More and more scientific works show that this is possible with the help of a diet. Here is what nutrition recommendations must be followed, according to the latest data. .

Focus on the quality of what you eat. Surely you have already heard that ultra -laid products can harm health if you eat too many of them. Now scientists have found that they can also impede weight loss. In the course of one study published in Nature magazine, it turned out that people who adhered to a minimally processed diet had a “significantly large” weight loss compared to those who ate ultra -laid food.

Light a bite with flavonoids. The participants whose diet was rich in these substances had the lowest indicators of weakness, violations of physical functions and poor mental health. Other 2025 studies also demonstrate that the diet rich in flavonoids is associated with a lower risk of mortality from all causes and basic chronic diseases. Try to have apples, oranges, grapes, berries or drink green tea for this.

Choose carbohydrates rich in fiber if possible. This is especially important for women. They have a more consumption of high -quality carbohydrates with a high fiber content of fruits, legumes, whole grains with an increase in the likelihood of healthy aging. Such aging is understood to mean good mental health and the lack of serious chronic diseases, cognitive disorders and disorders of physical functions.

Add vegetable protein to the diet. According to the results of the study, in which 101 countries were analyzed, the use of more plant protein at a later age can help live longer.



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Put a small fish on a plate. During the May study, which covered almost 81,000 Japanese, it was found that eating small fish (mackerel, sardines, smelt) is associated with a decrease in the risk of cancer and mortality from all causes as it is aging. But this effect was observed only in women.

You do not have to be a vegetarian, but try to choose vegetable products. As a study showed, in which the diet of more than 105,000 people for 30 years was tracked, people who were most followed by plant diets (Mediterranean, Mind diet and dash diet), most likely lived up to 70 years without chronic diseases and, in general, were in good cognitive, physical and mental health. Also, the scientific work, published on August 25, demonstrated that the Mediterranean diet helps people with a genetic predisposition to Alzheimer's disease to reduce the likelihood of its development.

Combine a healthy diet with useful additions to lifestyle. Food additives and physical exercises also help to slow down biological aging. According to the results of the Nature

“Focus on the quality of products” and other nutrition tips that will help you get older

ing, published in February, the regular technique of Omega-3 can contribute to the slowdown of biological aging in the elderly. Even more useful was the combination of Omega-3 additives, vitamin D and regular physical activity.

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