

The formation of healthy habits in food after 40 years will help you reduce the risk of chronic diseases. These are the products, according to experts in the field of food, are especially important at this age.

**Olive oil.** It has a healthier profile of fats than in many other oils, it is rich in polyphenols with antioxidant and anti-inflammatory properties. One recent study also showed that the use of approximately half of the tablespoon of olive oil per day reduces the likelihood of dementia by 28%.

**Orekhova.** Frequent snacks are associated with a decrease in the risk of type 2 diabetes, cardiovascular diseases, and some types of cancer. According to one scientific work, walnuts are more often associated with healthy aging.

**Dark green leafy vegetables.** After 40 years, such greens must be eaten. It is indispensable for maintaining cognitive functions, heart health, bone strength.

**Flax seeds.** For tablespoons of these seeds, 4 g of fiber contain. They also have a lot of omega-3 fatty acids, which reduce chronic inflammation, which is usually increased with age.



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**Tef.** This is a tiny gluten -free cereal. Studies show that people who regularly eat more whole grain products in the middle age live longer and are less likely to get sick.

**Strained (Greek) yogurt.** It is rich in probiotics and other substances that contribute to the growth of useful intestinal bacteria. In addition, thanks to Greek yogurt, you will receive more protein, which reduces the loss of muscle mass after 40 years.

**Berries.** It is proved that their regular use protects the brain from the negative consequences of aging and inflammation.

**Fat fish.** According to the results of one study, people over 50 years old, eating about 140 g of fish for lunch twice a week for 10 weeks, lost less muscle mass than those who did not eat fish.

***News -in -law materials cannot be equated to the doctor's prescription. Before***

Nuts and other products that need to eat more often after 40 years

***making a decision, consult a specialist.***