



# *Anti-Aging*

## Food Recommendation Guide



By: [LiveLifeStayyoung.com](http://LiveLifeStayyoung.com)

**Throughout history man has tried to stop or reduce aging. The quest for the fountain of youth and the magic bullet to restore youth and vitality is a billion-dollar industry.**



But did you know your diet has a lot to do with how you age? The old adage “you are what you eat” rings true when it comes to food and how you age.

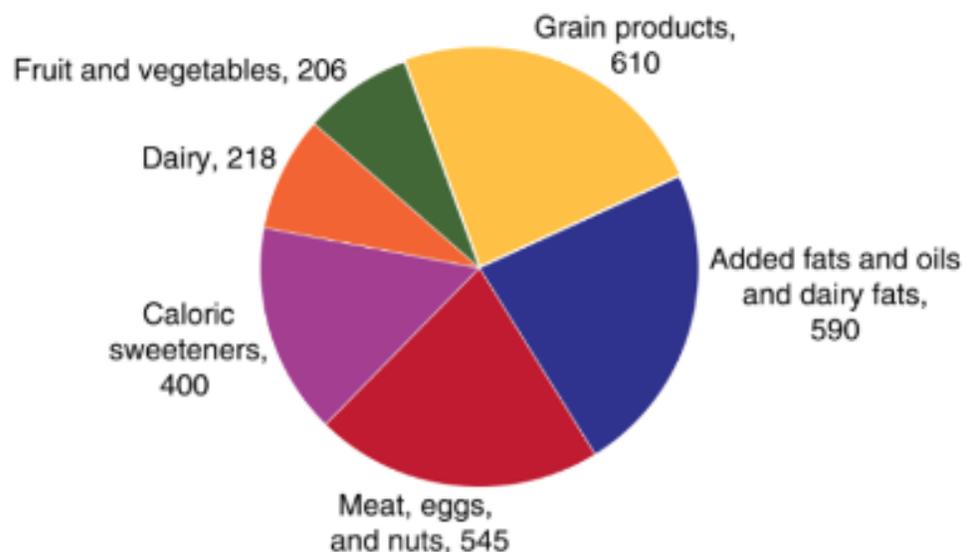
Foods in the Standard American Diet (SAD) have been proven to cause acute and chronic inflammation which causes you to age quickly! This is due to the disproportionate amount and type of carbohydrates in our diet!

Out of 2200 daily calorie diet

- 50% comes from carbohydrates
- 15% comes from proteins
- 35% comes from fats

In fact, 38 percent of adults in the U.S. report consuming fruits less than one time daily, and less than 22 percent report eating vegetables daily.

**Daily calories per capita by food group, 2010**



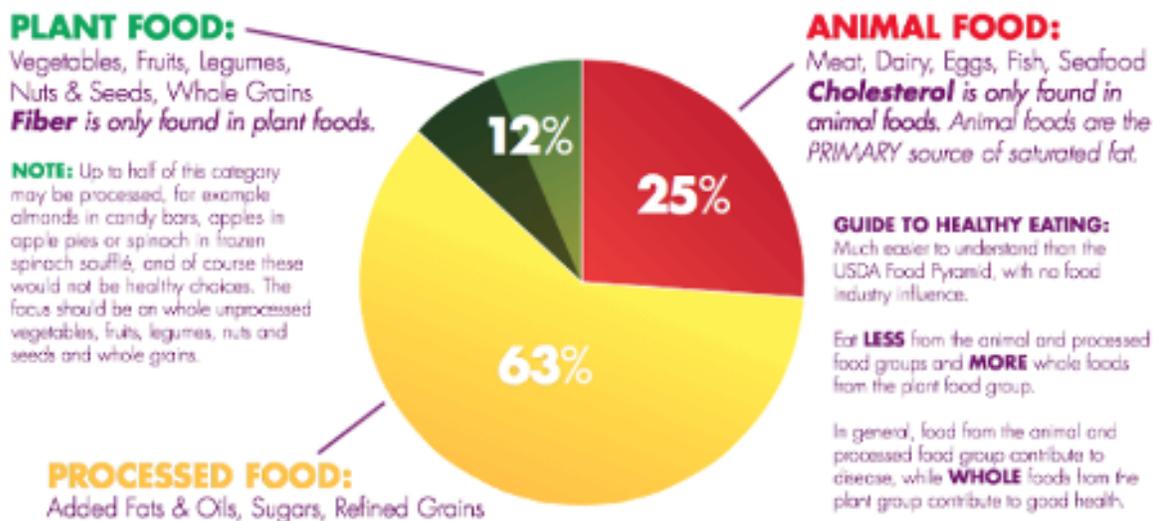
Added fats and oils and caloric sweeteners are added to foods during processing or preparation. They do not include naturally occurring fats and sugars in food (e.g., fats in meat or sugars in fruits).

Source: USDA, Economic Research Service, Loss-Adjusted Food Availability Data.

# PROCESSED FOODS

Did you know **63 percent** of calories Americans are consuming today are coming from processed foods? Convenience foods are packed with preservatives, added oils, sugars and refined grains.

## U.S. FOOD CONSUMPTION AS A % OF CALORIES



Source: USDA Economic Research Service, 2009; [www.ers.usda.gov/publications/E8833](http://www.ers.usda.gov/publications/E8833); [www.ers.usda.gov/Data/FoodConsumption/FoodGuideIndex.htm#calories](http://www.ers.usda.gov/Data/FoodConsumption/FoodGuideIndex.htm#calories)  
New York Coalition for Healthy School Food™ [www.healthyschoolfood.org](http://www.healthyschoolfood.org)  
Special thanks to Joel Fuhrman, MD, author of *Disease Proof Your Child: Feeding Kids Right*™ Graphics by Michele Bonds.com  
© 2009, New York Coalition for Healthy School Food



The foods in the Standard American Diet (SAD) have been proven to cause acute and chronic inflammation.



The inflammatory reaction in the body is its natural way to respond to a threat. It is meant to protect you from harmful “invaders” bacteria, viruses, and fungi.

However, if your diet consists of processed foods, large amounts of sugar, bad saturated fat like trans fats, refined carbohydrates such as white flour products, MSG, gluten, aspartame, and alcohol, your diet is causing chronic inflammation and aging you at an accelerated rate.

# YOU ARE WHAT YOU.....EAT

Fighting Disease



or



Feeding Disease

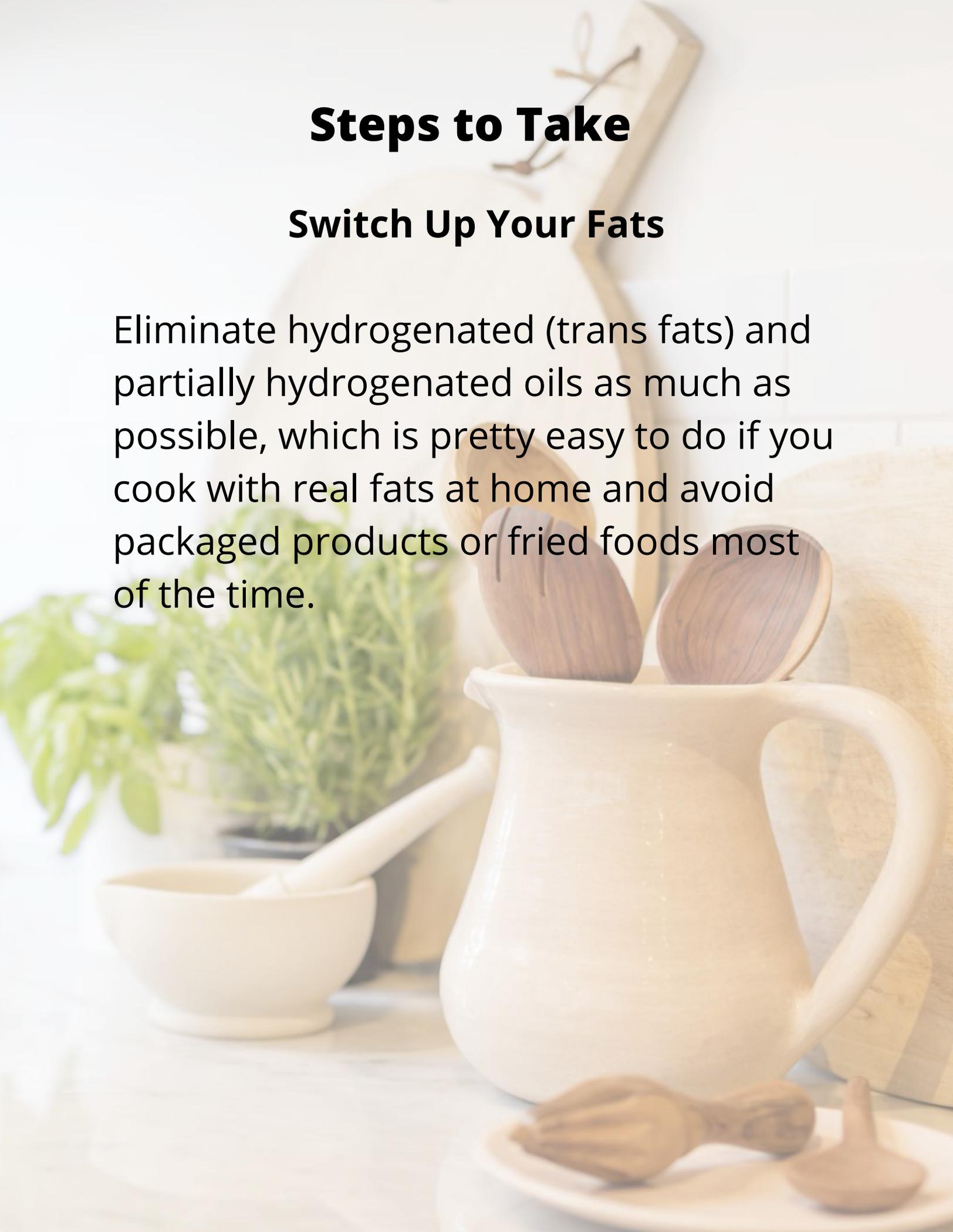
If you want to live life and stay young you will need to take charge of the way you eat. You will need to avoid fast foods, sugary foods, and pretty much anything that is not natural. Anti-aging foods fight inflammation and restore balance in your body by providing the good nutrients and antioxidants to fight disease and taste great as well.



# Steps to Take

## Switch Up Your Fats

Eliminate hydrogenated (trans fats) and partially hydrogenated oils as much as possible, which is pretty easy to do if you cook with real fats at home and avoid packaged products or fried foods most of the time.



# Steps to Take

## Eat high quality animal protien

Focus on High-Quality Animal Products.

If you eat a lot of animal proteins (meat, poultry, eggs, fish) then find;

- grass-fed
- pasture-raised
- cage-free
- wild-caught



# Steps to Take

## Limit Sugar and Grains

Check ingredient labels carefully for added sugar (which can be listed under dozens of different names).

Limit foods that spike blood sugar. This would include most cereals, sweetened drinks, packaged snacks, white rice, white pasta and white bread.

We also get a lot of added sugar from sneaky sources like condiments, canned soups or sauces, lunch meats, pizza, “natural” fruit drinks, etc.

Make sure your grains are 100 percent whole.

(in moderation)



The major upsides of eating clean are

- **Reducing Inflammation**
- **Restore the bodies metabolism**
- **Regulates blood sugar**

Unfortunately in America today, around 80 percent of the foods eaten are highly processed or genetically modified foods, so any diet that recommends you eat more natural real foods is a major step in the right direction.

# Food Recommendation Guide

Vegetables	Fruits	Fish	Nuts/Seeds	Fats/Oils	Protein Organic/ Grass fed
Artichoke	Apple	Cod	Almonds	Almond oil	Beef
Arugula	Apricot	Grouper	Brazil nuts	Avocado oil	Bison
Asparagus	Banana	Haddock	Chia seeds	Coconut oil	Chicken
Avocados	Blackberries	Halibut	Flax seeds	Ghee	Duck
Beets	Blueberries	Herring	Hazelnuts	Grape seed oil	Eggs
Bell peppers	Cantaloupe	Mackerel	Hemp seeds	Grass fed butter	Lamb
Brussels sprouts	Cherries	Mahi Mahi	Macadamia	Macadamia oil	Turkey
Cabbage	Coconuts	Red Snapper	Nut Butters	Olive oil	Venison
Carrots	Cranberries	Salmon	Pecans	Sesame oil	Wild game
Celery	Figs	Sardines	Pine nuts	Walnut oil	
Collards	Goji berries	Sea bass	Pistachios		
Garlic	Grapefruit	Trout	Pumpkin		
Kale	Grapes	Tuna	Sesame seeds		
Mushrooms	Lemon	Walleye	Walnuts		
Olives	Lime				
Onions	Mango				
Radish	Nectarine				
Romaine lettuce	Orange				
Spinach	Papaya				
Sweet potatoes	Raspberries				
Tomatoes	Strawberries				

Spices/Herbs	Sweeteners	Occasional	Carb Dense Foods
Basil	Coconut sugar	Dark Chocolate	Sweet potato
Black Pepper	Raw Honey	Wine	Brown rice
Chili Pepper	Stevia		Quinoa
Cilantro			Oats
Cumin			Butternut squash
Garlic			
Ginger			
Rosemary			

# How To Fill Your Anti-Aging Plate

1

Fill the majority of your plate with a variety of colorful vegetables and fruit from the list. The ideal veggie to fruit ratio is approximately 80/20. A fist or two is great.



2

Add a cupped handful of dense carbs like sweet potato, brown rice or quinoa.



3

Add about a **palm size** of protein. Some people do better on more or less protein. Speak to a health coach for more information. ([Click Here](#))



4

Add in 1 or 2 thumbs of fats like avocado, coconut oil, olive oil, seeds, nuts or grass fed butter. Remember you must eat fat to lose fat.



5

Make sure you eat in a peaceful atmosphere. Anger and stress affect digestion and can cause the body to store fat.



6

Chew your food well to liberate all of the nutrients



7

Take a moment to be grateful for the meal and offer thanks.



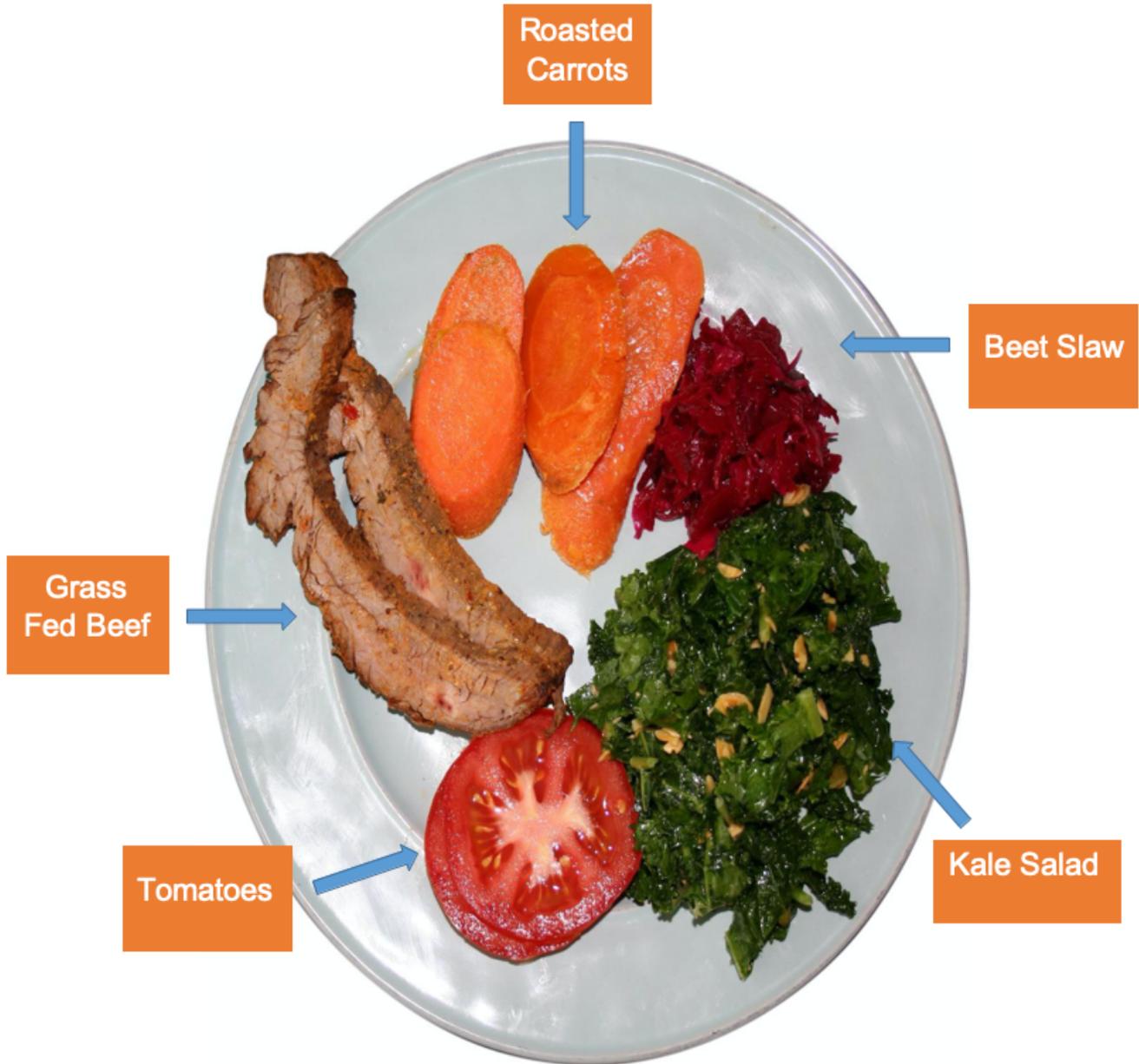
# Anti-Aging Plate Examples

Plate # 1



# Anti-Aging Plate Examples

Plate # 2



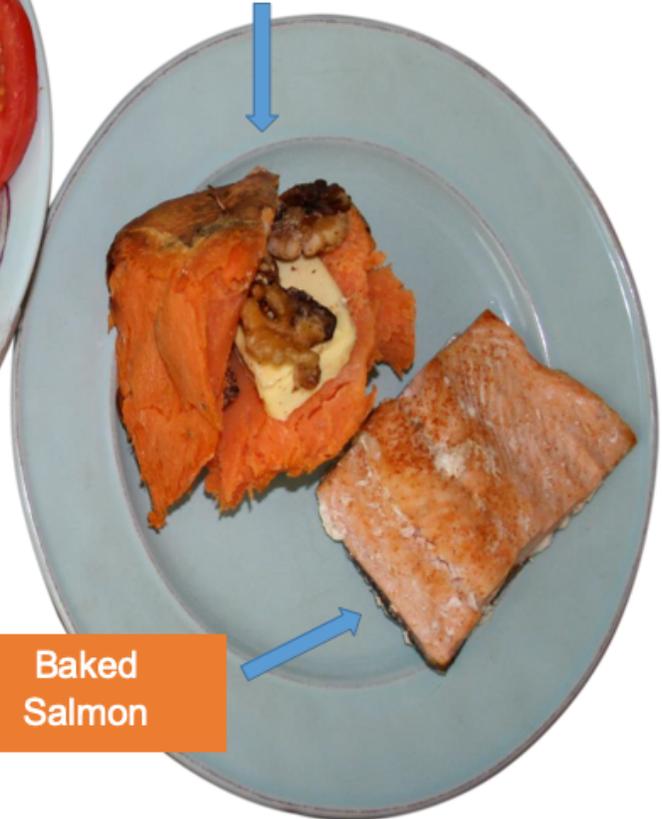
# Anti-Aging Plate Examples

Plate # 3



Raw  
Vegetable  
Medley

Sweet Potato With  
Grass Fed Butter  
& Walnuts



Baked  
Salmon



For more information contact  
[www.livelifestayyoung.com](http://www.livelifestayyoung.com)  
512-636-7719

Dr Tony Oberle D.C. CCN  
Trish Terry Certified Integrative Health Coach  
[drtony@livelifestayyoung.com](mailto:drtony@livelifestayyoung.com)  
[trish@livelifestayyoung.com](mailto:trish@livelifestayyoung.com)