

5

Foods That Can Add Years to Your Life

New research suggests that including a combination of antioxidants on your plate yields a more powerful advantage than eating any one type of antioxidant food alone. Try to make the following food groups a part of your daily diet.



1. Spirulina (blue-green algae) Spirulina contains not only the antioxidant phyco-cyanin but also a bundle of protein, plus omega fatty acids. Once a mainstay food of the Aztecs, spirulina additionally works as an ibuprofenlike nonsteroidal anti-inflammatory. Add one teaspoon to one tablespoon of spirulina a day to smoothies or yogurt, or take it in capsule form. Caution: for some people, spirulina can be overstimulating (kind of like too much coffee), so experiment to find the right balance.

2. Cranberries, blueberries, blackberries These are jam-packed with antioxidants

called anthocyanins and polyphenols, which also have anti-inflammatory qualities. Try to work in a cup of berries a day.

3. Leafy greens (such as kale or spinach) They're full of lutein, another super-antioxidant; it's been proven to protect against macular degeneration of the optic nerves, thus protecting eyesight. Nutritionists suggest eating a cup of cooked kale or one to two cups of raw spinach each day.

4. Almonds and walnuts These nuts are a fantastic source of omega-6 fatty acids, as well as phytosterols (plant sterols) and vitamin E (tocopherols). People who

regularly consume nuts tend to have both a lowered risk of Parkinson's and lower cholesterol. Work in a quarter cup of these nuts a day whenever you can.

5. Flaxseed It contains fiber and omega-3 fatty acids that help to clear plaque and bad fats from the cardiovascular system. The fiber also protects against colon cancer. For best results, buy flaxseed ground (or grind it yourself) and throw one teaspoon to one tablespoon a day into everything from meat loaf to muffins.

Finally, don't forget to add these superfoods into a diet rich with lean meat, fish, and whole grains. —D.J.N.