

# BE WELL

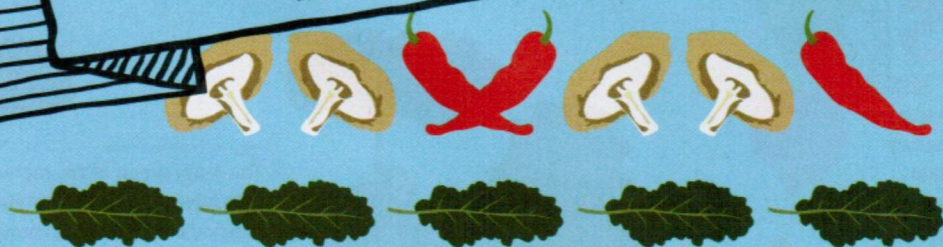
## ACTION LIST

- \* Slather on the sauerkraut p 81
- \* Rest up between workouts p 84
- \* Ask your doctor if you should have your thyroid tested p 87

HEALTHY LIVING | FITNESS | NUTRITION



## LONGEVITY FOODS

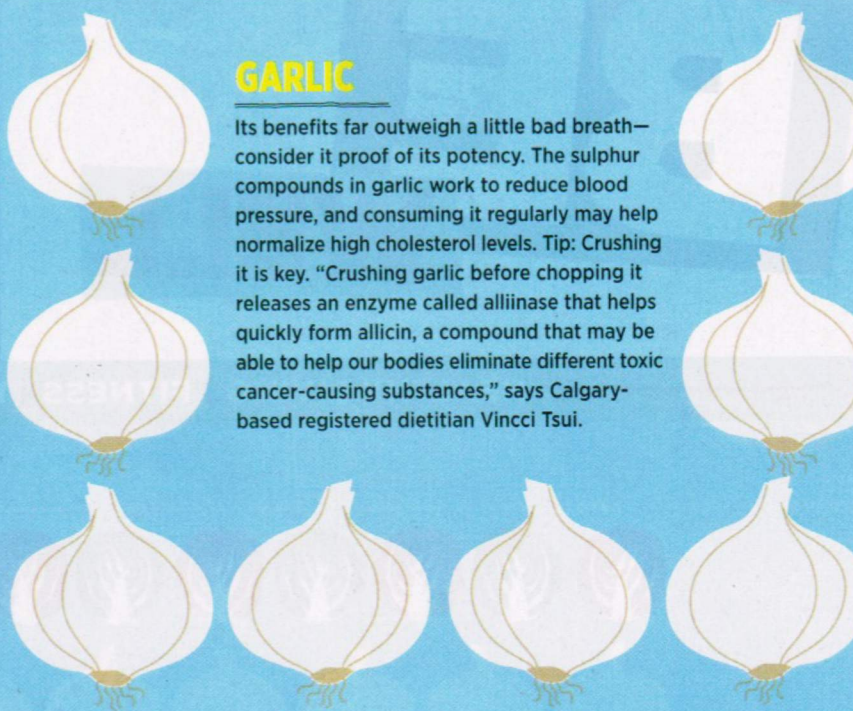


We can't lead you to the fountain of youth, but we can help you navigate the grocery store for the foods that may delay aging. It's your best bet for living longer and better.

BY STACEY STEIN

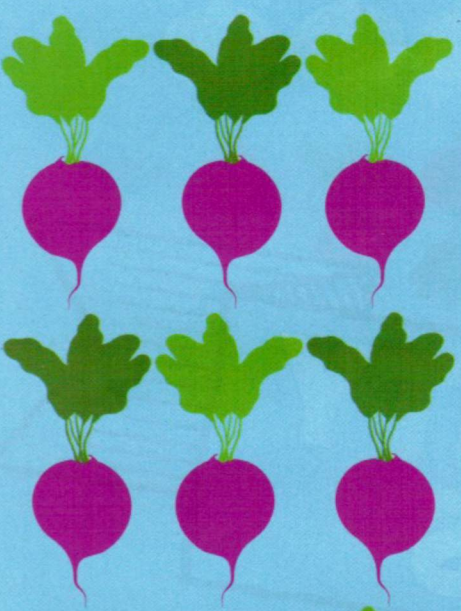


**F**orget the magic pills and call off the search for the miracle diet that will anoint you with everlasting beauty and health. Wholesome nutritious foods are the answer. And more and more research supports it: the right choices can help ward off chronic diseases, boost overall health and keep you feeling and looking youthful. "Foods can absolutely be helpful in the fight against unhealthy aging," says Vancouver-based registered dietitian Desiree Nielsen. "We often don't give enough credit to the impact that the foods we eat have on the length and quality of our life."  
So what should you be eating again and again for the many years that are sure to come? Here's what the experts recommend.



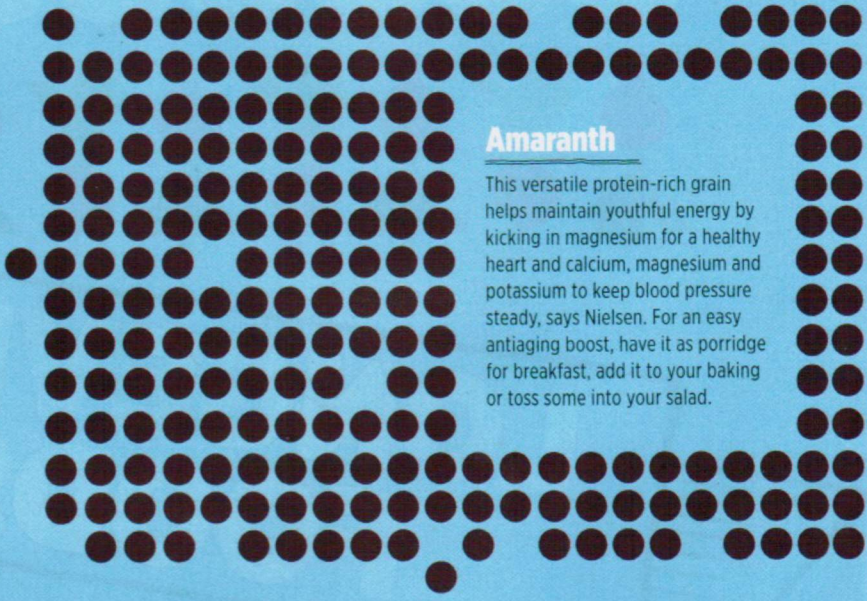
### **GARLIC**

Its benefits far outweigh a little bad breath—consider it proof of its potency. The sulphur compounds in garlic work to reduce blood pressure, and consuming it regularly may help normalize high cholesterol levels. Tip: Crushing it is key. "Crushing garlic before chopping it releases an enzyme called alliinase that helps quickly form allicin, a compound that may be able to help our bodies eliminate different toxic cancer-causing substances," says Calgary-based registered dietitian Vincci Tsui.



### **BEETS**

This vivid root vegetable contains anti-inflammatory betaine, plus a unique compound called betalains, a class of phytochemicals shown in some studies to have antioxidant and anti-inflammatory properties that help the body's natural detoxification systems run smoothly. "Beets help support the liver in the cleansing it does every day," says Nielsen.



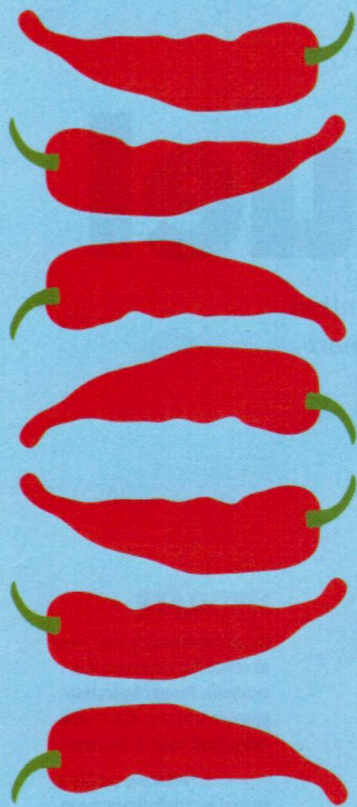
### **Amaranth**

This versatile protein-rich grain helps maintain youthful energy by kicking in magnesium for a healthy heart and calcium, magnesium and potassium to keep blood pressure steady, says Nielsen. For an easy antiaging boost, have it as porridge for breakfast, add it to your baking or toss some into your salad.



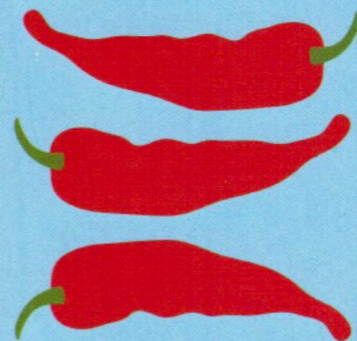
### **KALE**

This leafy green of the moment is packed with lutein and beta-carotene, two antiaging antioxidants. "They help prevent daily damage to your DNA to help keep you looking and feeling younger longer," says Nielsen, who adds that lutein is also critical for eye health. Kale is loaded with vitamins and minerals, including vitamins A and C, which boost immune-system health, and contains vitamin K, crucial for healthy blood clotting and proper bone formation. Need another reason to love it? Kale's high-fibre content helps cleanse the digestive tract and may lower cholesterol—two priorities as we age.



## CAYENNE PEPPER

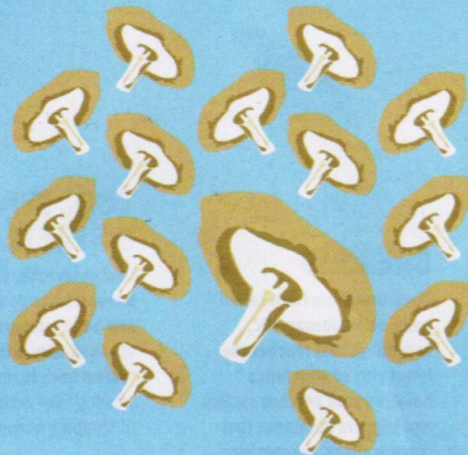
There's a lot going on in this fiery spice. Cayenne contains polyphenols, antioxidant compounds that, according to research, may help reduce the cell damage that's responsible for both aging and increasing the risk of cancer and heart disease. Cayenne also may help counter inflammation, which has a cascade of positive effects. "The capsaicin in cayenne can help improve digestive health, heart health and cholesterol levels and reduce pain and hypertension," says Tara Antle, a registered holistic nutritionist in St. John's, N.L. "And the list goes on."



## SHIITAKE MUSHROOMS

The humble fungus is beneficial for aging gracefully. Complex carbohydrates called beta-glucans have been shown in some studies to lower cholesterol, while one particular beta-glucan called lentinan was shown to have anticancer and antitumour properties.

"Lentinan is extracted from shiitake mushrooms," says Tsui. "It's used in treatments for stomach cancer and occasionally colon cancer as part of chemotherapy."



## HEMP SEEDS

These tiny nutty seeds are brimming with nutrients and minerals that help fight aging and chronic disease. Hemp seeds provide certain nutrients that aren't very common in many other foods, says Nielsen. Among them is a unique omega-6 fat called gamma-linolenic acid, or GLA, that may have anti-inflammatory properties, important for helping ward off premature wrinkling. These mighty seeds also contain omega-3 fatty acids, which have been linked to the prevention of cancer, diabetes and heart disease.



## SAUERKRAUT

There may be a connection between the long lifespans of Japanese and Korean people and their penchant for fermented foods such as miso and kimchee. Fermented foods are rich in good bacteria called lactobacillus, some strains of which may have anti-inflammatory and anticancer properties. The fermented cabbage in sauerkraut is full of this beneficial bacteria and has other health-boosting benefits, too. "All cruciferous vegetables have sulphur-containing compounds called glucosinolates, which may have cancer-fighting properties," says Tsui. Fermentation may also increase its anticancer properties, she adds. Cabbage is rich in antioxidants such as vitamin C as well as bone-protective vitamin K.