

"Super foods" can help you live a healthier and longer life.

On ***The Early Show***, contributor and registered dietitian Keri Glassman (<http://nutritiouslife.com>) explained what we could eat to maximize our health and lifespan:

FOODS

YOGURT/KEFIR

- Digestive health, bone health

- o **What is it?** Kefir is a fermented, probiotic milk drink. It is made by combining milk with "kefir grains" (a complex mixture of yeasts and lactobacillus bacteria).
- o **What does it do/have that's good for you?** It is important for replenishing and restoring gut flora and has antifungal and antibiotic properties; Both are rich in vitamins, minerals, amino acids and enzymes.
- o **What is it?** Yogurt is a dairy product made from the bacterial fermentation of milk.
- o **What does it do/have that's good for you?** Yogurt contains high amounts of calcium.
- Important for bone health, and in heart, muscle and nerve functioning as well as plays a roll in blood clotting and blood pressure control.
- Loss of bone calcium can lead to osteoporosis as people age, increasing the risk of fractures.
- Studies also show that a high intake of low fat dairy products can help reduce and prevent hypertension, which reduces the risk of developing heart disease.

APPLES

- Cancer prevention; heart health

- Lower cholesterol and cancer prevention

o What does it do/have that's good for you?

- o An apple an a day keep the doctor away!
- o Apples are rich in *flavonoids* and *polyphenols*, both of which have been shown to have anticarcinogenic properties. These phytochemicals are predominantly found in the peel of the apple. Apples are also rich in *pectin*.
- o **Why is that good?** Shown to lower cholesterol levels as well as reduce the risk of certain cancers.

AVOCADO

- Cancer prevention; boost immunity

- o **What does it do/have that's good for you?** Avocadoes are known as "master antioxidant"
- o **Why is that good?** Aid in the regulation of immune cells, protect against cancer and detoxify.

SEAWEED

- Cancer prevention; heart health

- o **What is it?** *Seaweed* is a species of marine algae.
- o **What does it do/have that's good for you?** It is rich source iodine, iron, calcium, beta-carotene and other vitamins and minerals.
- o **Why is that good?** Bone health, cancer prevention

BLUEBERRIES

- memory function, reduce inflammation

- o **What does it do/have that's good for you?** Contain antioxidants, particularly *anthocyanins*; ranked one of the highest foods on the ORAC scale.
- o **Why is that good?** These compounds curb "brain aging" due to cell damage from free radicals and inflammation shown to reduce declines in memory and cognition.

DRINKS

GOJIBERRY

- Heart health; cancer prevention

- o **What is it?** Gojiberries are a fruit native to China, Mongolia and Tibet that is shown to be rich in antioxidants particularly carotenoids.
- o **What does it do/have that's good for you?** Gojiberries contain *carotenoids* like you find in carrots which are antioxidant rich phytochemicals found in fruits and vegetables.
- o **Why is that good?** High levels of these antioxidants have been linked to lower incidence of heart disease and cancer.
- o Some research has been done but not enough to warrant the price of the juice in the US.

POMEGRANATE JUICE

- **Lower cholesterol and blood pressure, brain health**
- o **What is it?** Pomegranates are a fruit that are cultivated in California and Arizona - they are indigenous to the Mediterranean region.
- o **What does it do/have that's good for you?** Pomegranates have more *polyphenol* like those found in wine, antioxidants than in any other drink.
- o **Why is that good?** Polyphenols have been shown to be "brain-protective". Studies have shown that pomegranate juice may help to lower cholesterol and blood pressure.

GREEN TEA

- **Cancer prevention and heart health**

SUPPLEMENTS --ALWAYS CHECK WITH YOUR DOCTOR BEFORE TAKING ANYTHING!!!!!!

COQ10

- **Heart health; memory function**
- o **What is it?** Heart and liver have the highest concentration of CoQ10.
- o **What does it do/have that's good for you?** Aids in the body's production of energy; It also acts as an antioxidant; Used in Alzheimer's treatment and also may benefit the heart.

CINNAMON

- **Control blood sugar and memory function**
- o **What does it do/have that's good for you?**
- o **Why is that good?** Shown to be heart protective because of its anti-clotting abilities. Just the smell of cinnamon has been shown to improve cognitive function and memory in the aging. Is also shown to regulate blood sugar levels.

MELATONIN

- **Improve sleep**
- o **What is it?** Naturally occurring hormone important in the regulation of circadian rhythms; is also a powerful antioxidant.
- o **What does it do/have that's good for you?** Used for the body for sleep.
- o **Why is that good?** Melatonin levels decline in people over the age of 60, increasing cancer incidence and making it more difficult to fall asleep, which is essential for overall health. Supplementation may increase a person's ability to sleep properly.

TOP 5 FOOD "TO DO'S" TO DO EVERY DAY TO LIVE YOUR HEALTHIEST (AND HOPEFULLY LONGEST!) LIFE!

1. 1 cup of Green Tea
2. 1 cup of blueberries
3. 1 cup plain non fat Greek Yogurt
4. 2 oz. Pomegranate juice
5. ½ oz. of walnuts or ¼ avocado

ALWAYS CHECK WITH YOUR DOCTOR BEFORE TAKING ANY SUPPLEMENTS!