

Healthy Lifestyles – Marshfield Area Coalition’s Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five.” Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

Top Five Fountain of Youth Foods

Americans are living longer than ever before. With life expectancy hitting a record high of 77.6 years in 2005, anti-aging has become a huge focus, and food choices play a big role. People of all ages can benefit from the top five Fountain of Youth foods that can help them look better and feel younger. Researchers agree a well-balanced diet of dairy, fruits, vegetables, whole grains, fish and vitamin E-rich foods is nature’s key to the Fountain of Youth:

Dairy

There’s no comparison to the value of milk, cheese and yogurt when it comes to having strong bones and teeth to last a lifetime.



Fruits and vegetables

Certain vitamins, found in berries, broccoli, tomatoes and cantaloupe, nourish the skin to lengthen its youthful appearance. These same vitamins protect against cell and tissue damage, lowering the risk of getting some diseases.

Whole grains

Whole grains, such as oats and wild rice, improve heart function and have been shown to decrease the risk of diabetes by 6 percent.

Fish

The American Heart Association reports that eating fish such as salmon and tuna at least twice per week reduces the incidence of stroke and improves heart function.



Vitamin E foods

A sharp memory is just as important as a healthy body. Foods rich in vitamin E, such as nuts, seeds and fortified cereals, are nature’s best protection against memory loss.

Remember that the Fountain of Youth is as close as your refrigerator. A well-balanced diet that includes dairy, fruits and vegetables, whole grains, fish and vitamin E foods is the anti-aging secret for strong bones, glowing skin and a healthy heart.

Article provided by the Southeast United Dairy Industry Association, Inc.

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