

Ten Friendly Foods

Dark Leafy Greens: With a ton of folate, calcium, and bone building goodness, greens work against cognitive and vision related aging.

Whole Grains: Because of their unprocessed nature, they guard against high blood sugar and diabetes, and lower the chances of cardiovascular disease and cancer due to the fiber, vitamins, minerals, and antioxidants found in them.

Berries: Rich in antioxidants, blueberries, blackberries, and cranberries are known for their cancer-fighting qualities, and for their role in increasing the quality of brain function, muscle tone, and balance.

Olive Oil: A great source of antioxidants, plus it is an anti-inflammatory mono-saturated fat. Diets that include olive oil have been shown to slow cognitive decline and may decrease the rates of cardiovascular disease and cancer.

Tomatoes: This red fruit, among others, contains an antioxidant called lycopene which contributes to youthful skin texture and could lower the risk of certain cancers and heart disease.

Nuts: Healthy fats, B vitamins, vitamin E, calcium and proteins are found in nuts such as almonds and walnuts, which aid in cardiovascular and brain development.

Red Grapes: Filled with an antioxidant, resveratrol, grapes are great for reducing inflammation and help keep hearts healthy.

Fish: Oily fish is full of omega-3 fatty acids which fight against inflammation, and help decrease the risk of Alzheimer's disease and stroke.

Teas: White and green teas contain a great deal of EGCG, an extremely powerful antioxidant. Drinking tea can help lower the rate of heart disease, cancer, and Alzheimer's.

Herbs & Spices: Turmeric and ginger have anti-inflammatory properties which lower the chances of age-related diseases such as Alzheimer's. Garlic contains antioxidants that help fight against heart disease and cancer.