

Lower Your “Diet Age”

(NAPS)—Can what you eat make you look and feel older or younger? Yes it can. Dieting to achieve good health is supposed to slow aging but the wrong choices can actually make you look older, and put your health at risk.



Here are the top lifestyle changes that can help you stay younger and healthier from eDiets.com chief nutritionist Susan Burke:

1. Achieve a healthy weight to protect against knee and hip arthritis, type 2 diabetes and hypertension.
2. Be colorful. Choose vibrant fruits and vegetables, red peppers, tomatoes (vitamins A, C, and lycopene), sweet potatoes and mangos (beta carotene and vitamin C), broccoli, spinach (iron, vitamin E).
3. No liquid diets. Juice removes important fiber from fruits and vegetables.
4. Eat breakfast. Studies consistently show that those who eat breakfast maintain a healthy weight more easily. In addition to kick starting the metabolism, breakfast provides nutrients the body uses all day. Try a bowl of high fiber, low sugar cereal with fruit and nonfat milk.
5. Don't smoke. Smoking can cause heart disease and lung, throat and mouth cancer
6. Avoid fried foods. Broil, bake and grill foods to lower calories and cholesterol.
7. Don't add fat to your food. Eliminate added or excess butter, margarine, salad dressing and mayonnaise. Order sauces and dressings on the side.