Anti-Aging Superfoods

Today we are inundated with botox, injections, and anti-agining topical serums. But truly a radiant, youthful and glowy complexion starts in the kitchen. And bonus- these foods have disease-fighting antioxidants to prevent disease and ultimately lengthen your lifespan.

1. Green leafy vegetables- Aim for 2 servings a day of dark green leafy vegetables, such as collard greens, spinach, rainbow chard, kale or arugula. The deeper the color, the higher these vegetables are in antioxidants. Sunlight can cause unstable free radicals to wreak havoc on your skin, resulting in dark spots and wrinkles. The antioxidants found in greens help neutralize this free radical assault on your skin.
2. Wild caught salmon- excellent source of omega-3 fatty acids, which are inflammation busters. Inflammation is at the root cause of most chronic diseases. If you suffer from pain in your joints or redness in your skin (ie. Rosacea, acne), you are likely inflamed and could benefit from eating salmon a few times a week or taking a fish oil supplement.
3. Avocado- one of the best sources of monounsaturated fats. These fats keep your skin looking supple and glowy. Avocadoes are also a good source of vitamin E and biotin, two nutrients essential for healthy skin.
4. Green tea
5. Eggs- a complete source of collagen-building amino acids. Women that do not get enough protein can develop rough, sallow skin. Aim for 20 grams protein with each meal or 60 grams total per day.
6. Eggplant- the purple pigment in eggplant is due to anthocyanins, which are antioxidants that combat free-radicals and damage from UV rays. Eggplant has also been referred to as a “brain food” because the anthocyanins help protect the lipids (fats) in brain cell membranes.
7. Brazil nuts- contain selenium, which is a mineral that aids in the production of glutathione. Glutathione repairs cell damage and thus the aging process. Aim for 5 of thse nuts per day.
8. Cacao- Rich in flavonoids. Aim for 80% cacao content or higher in your dark chocolate bar. Or even better add 100% cacao nibs or cacao powder to smoothies or baked goods to reap the benefit of chocolate without the sugar.
9. Vitamin C rich foods- oranges, grapefruit.
10. Blueberries- one serving of these deeply pigmented berries provide more antioxidnats than most fruits and vegetables. Antioxidants fight free radicals that accelerate aging.

And minimize or even better avoid your consumption of:

Gluten, Sugar- advanced glycated end=products

Alcohol

Other tips:

Avoid smoking

Drink plenty of water

Stay out of the sun

Void smoked foods and minimize grilling