

Top 10 Anti-Aging Superfoods

Get ready to turn back the clock in 2017, by adding the following 10 anti-aging super foods into your diet.



1. Blueberries

Blueberries are one of the healthiest fruits you can eat to fight aging. With the highest concentration of antioxidants of all berries, blueberries help combat both the physical and mental effects of aging.

They contain anthocyanins, which research has shown to help improve memory, even slowing the onset of Alzheimer's disease.

Blueberries are also a great food to help fight inflammation, which leads to a number of diseases and contributes to skin aging. Blueberries are great to eat as a snack. You can also add them to cereal, oatmeal, or yogurt. Try incorporating half a cup of blueberries into your diet a few times a week.



2. Sweet Potatoes, Pumpkin, and Carrots

Sweet potatoes, pumpkin, and carrots all contain beta-carotene, which gives them their orange coloring and provide a number of healthy aging benefits.

Beta-carotene contributes to healthy skin and eyes. It also helps reduce the risk of a number of diseases, including cancer, heart disease, and osteoporosis.

Beta-carotene helps protect your skin from sun damage and signs of aging by preventing the breakdown of collagen in the skin. These orange vegetables also contain high amounts of Vitamin A, Vitamin C, which help you maintain a healthy immune system. While these foods are usually associated with cold-weather meals, try incorporating them into your diet year-round to see their anti-aging benefits.



3. Tomatoes

Often a staple in many diets, the tomato is actually an anti-aging powerhouse. Tomatoes contain large amounts of the antioxidant compound lycopene, which contributes to heart health and can help ward off diseases such as cancer.

Lycopene also helps protect the skin against sun damage and prevents wrinkles by preventing the breakdown of collagen in the skin.

While tomatoes are hugely beneficial to aging on their own, cooking this vegetable helps to release more lycopene and sun-dried tomatoes contain the highest amount of this potent antioxidant. By regularly adding tomatoes to your sandwiches, salads, or enjoying them on their own, you will begin to see the anti-aging results.



4. Avocado

Avocados are chock-full of anti-aging components. They contain high levels of Vitamin E, which is what helps you achieve perfect glowing skin and healthy hair.

Avocados have alkalizing components, meaning that they help balance the pH levels of your body, creating an internal balance which helps prevent disease and make you look younger.

This food also contains monounsaturated fatty acids, which experts call “good fat.” Monounsaturated fatty acids are great for heart health and help you absorb other nutrients. This means that when combined with tomato salsa or another recipe containing anti-aging super foods, your body is better able to absorb all of the age-fighting nutrients.



5. Leafy Greens

Leafy greens such as spinach and kale have been all the rage lately, and for good reason. These vegetables contain lutein and zeaxanthin, which help prevent eyesight deterioration as you age.

Phytonutrients nutrients also help prevent your body from free radical damage. And according to a recent student, you can reduce your risk of heart disease by 11 percent for each daily serving that you eat.

In addition to these internal health benefits, leafy greens help maintain glowing, youthful looking skin and ward off shorter-term illnesses such as colds. You can be sure to get enough greens by adding them to salads, sandwiches, or even smoothies.



6. Broccoli

Broccoli is another vegetable, which can help fight physical signs of aging. Rich in Vitamin C, Broccoli helps prevent wrinkles by synthesizing collagen to create smooth, firm skin.

Broccoli has also been linked to preventing age-related skin dryness. Sulforaphane in broccoli helps to rid your body of dangerous toxins by increasing the production of enzymes.

Broccoli also contains lignans, which help prevent cancer and heart disease, as well as warding off cognitive degeneration. Try incorporating steamed broccoli into your diet as a lunch or dinner side, or add it to a salad.

7. Salmon and Tuna

Rich in omega-3 fatty acids, salmon and tuna are great foods for staying youthful and healthy as you age.

Eicosapentaenoic acid, or EPA, is one of the omega-3 fatty acids contained in these fish and has been shown to help keep skin firm by preventing the breakdown of collagen and reducing inflammation. This anti-inflammatory characteristic also helps prevent the formation of skin cancer.

Omega-3 fatty acids are also key for heart health and the prevention of age-related heart disease. The American Heart Association recommends two serving of fish per week to keep your heart healthy. Because of their low concentrations of mercury, salmon and tuna are great

options to reap the benefits of fish consumption. Eat them as a main or add them to a salad to get your twice-weekly serving.



8. Olive oil

While not a food onto itself, per say, olive oil is a key ingredient in many recipes, dressings, and dips, and has huge amount of anti-aging properties.

Hailed as an item of luxury in ancient Greece and Rome, olive oil helps maintain youthful glowing skin and hair.

Olive oil contains monounsaturated fats, which promote healthy hearts and reduce the risk of cancer. Recent studies have also shown that olive oil contains a lot of antioxidants, which help low the internal and external signs of aging. Try using olive oil as your main cooking oil or using it to dip bread in as an appetizer before dinner.



9. Cucumbers

Cucumbers are a great anti-aging food for those with joint and bone issues. Cucumbers contain high amounts of water and silica, which help to lubricate joints and increase the effectiveness of the connective tissues in your body.

The hydrating characteristic is also great to promote youthful looking skin and prevent wrinkles. As a low-calorie vegetable, cucumbers are easy to incorporate into your diet. Try adding them to a salad or wrap. They are also great as a snack when combined with hummus or a non-fat vegetable dip.



10. Watermelon

Few people know how healthy watermelon is for the body. In fact, watermelon is packed with antioxidants and can help you look and feel younger.

One particular antioxidant contained in watermelon is citrulline, which helps to rid the body of dangerous toxins, boost metabolism, and keep your immune system healthy.

The outside rind of the watermelon contains Vitamins A, B, and C, while the seeds contain Vitamin E and zinc. The inside of the watermelon, which is what we normally consume, is extremely porous and filled with water, helping our bodies to stay hydrated. Try using a food processor to combine the seeds and rind into a watermelon juice or smoothie to reap more of the benefits of this super food.