



7 Age-Fighting Skinny Foods

Grow older with gusto with these seven foods that help to keep you mentally and physically strong and looking great!

- **BEANS** - contain fiber for weight control. Eat one to three cups of beans a week to keep you feeling full without the calories. The nutrients in beans can also help to manage your cholesterol and blood sugar.
- **BERRIES** - contain powerful phytochemicals to fight disease. Raspberries, strawberries and cranberries have high levels of an acid researches believe can prevent some forms of cancer.
- **CITRUS FRUITS** - contain vitamin C for healthy skin. Vitamin C is a strong antioxidant that helps to protect the skin, promote skin cell renewal, and maintain elasticity.
- **FISH** - contains Omega-3 fatty acids for brain power. Experts say eat it once a week to keep your mind sharp. The American Heart Association says eating fish is good for your heart, too.
- **GREENS** - contain lutein for vision strength. Studies show eating leafy green vegetables will help to protect your eyes from light damage as you age, as well as help to lower your risk of cataracts.
- **NUTS** - contain heart-protecting nutrients. Nuts are a great source of protein and heart-healthy antioxidants. They are also high in calories, though...so don't overdo it. An ounce (of preferable raw nuts) a day is recommended.
- **WHOLE GRAINS** - contains nutrients that help with diabetes prevention. Experts suggest three servings a day to keep blood sugar levels in check.

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