

## Fight age with these foods

Asha Chowdary | Oct 21, 2011, 01.16PM IST

*Trying to hold back time? The secret lies in your plate, say experts and every day the evidence supporting this fact just gets bigger.*

The first big must for those who are serious about anti ageing is to include protein in the diet. While this would mean chicken, eggs and seafood for non vegetarians, it would mean including foods like peanut butter, fat free milk, yoghurt, and low fat cheese for the vegans.

The next step is to look for purple foods. This would include fruit like plums and berries and vegetables like red cabbage (which is largely purple) and kidney beans (full of potassium and zinc) to improve your skin and keep age at bay.

Everyone knows that it is important to eat vegetables but what is also important is to know what each vegetable can do for you. Dark leafy greens can reduce bone loss and help you get better eyesight. Carrots and tomatoes are full of anti oxidants that fight age. Broccoli helps fight heart disease and offers Vitamin C, another great anti aging ingredient.

Another important food to include in your diet is nuts. Almonds and walnuts boost energy and improve the functioning of the brain.

And finally, as dessert, don't skip a few squares of dark chocolate. This is the perhaps the sweetest age buster of all.