

Foods that fight age-related disease

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With increasing age, there is a further need to focus more on what you eat so as to remain fit and healthy. As one grows older, one tends to develop certain chronic conditions that affect the quality of life.

However, most of these age-related ailments like diabetes, obesity and hypertension can be controlled by managing and modifying what we eat.

By making a few dietary alterations, we can prevent the onset of these diseases. Call them superfoods, call them nutritional haven - these foods will help you overcome such age-related health conditions, giving you a chance to lead a long and healthy life.

Leafy green vegetables

Fill up on dark leafy greens if you want to avoid the risk of developing age-related memory loss and Alzheimer's disease. Studies have found that people who followed diets high in omega-3 fatty acids and vitamins (as found in these vegetables) are less likely to develop Alzheimer's disease. Besides this, leafy greens are also important for bone health among older people and prevent the onset of osteoporosis and age-related bone loss. They also help to protect us against eye conditions like cataract.

Pumpkin

A rich source of potassium, magnesium, alpha carotene and beta carotene; pumpkins can rightly be called a superfood. They not help to boost your body immunity but also fight certain ailments that an ageing body tends to develop. In fact, it is believed that the alpha-carotene can help to slow down the process of ageing besides preventing the formation of cataracts. Hence, a liberal use of pumpkin is a must to obtain all these vital nutrients.

Nuts and seeds

From fighting age-related depression to improving your bone health and improving your brain health - the benefits of eating nuts and seeds are endless. Among these, til and walnut are an excellent source of calcium promoting bone health and preventing the occurrence of osteoporosis in the aged. Moreover, the high levels of omega-3-fatty acids found in walnuts are important for maintaining heart health. Pistachios, on the other hand, are beneficial against the development of heart diseases.

Salmon

Another rich source of omega-3 fatty acids, salmon is helpful in treating degenerative conditions like Alzheimer's disease and macular degeneration of the eye. These fatty acids, in association with selenium, amino acids, Vitamin A and D protect the human nervous system from damages from aging.

Whole cereals and pulses

Include plenty of whole cereals and grains instead of the refined varieties in your diet. This will enable you to combat the common diet related degenerative disease of advancing age. As diabetes has no permanent cure, it can only be controlled by making some important dietary interventions. Moreover, if left uncontrolled, it can also affect other body organs like kidneys. The fact that these processed grains are digested more slowly than processed grains helps them to prevent high blood sugar. Also, the nutrients in them lower the risk of certain age-related ailments like cardiovascular disease.

Garlic

Cancer, particularly of the skin and lungs can be prevented by incorporating garlic in one's daily diet. Moreover, the anti-inflammatory properties of garlic help to protect against heart ailments in the aged.

Berries

Loaded with antioxidants and phytoflavonoids, it is mandatory to include berries in your regular diet if you want to fight age-related diseases and ailments. Berries are best known for their anti-aging and anti-cancer properties and are often regarded as the food of choice by many doctors and dieticians across the globe.

(Source: Old Age Solutions, HelpAge India report, NCBI report)

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