

15 Foods that Everyone Should Eat

According to David Zinczenko, New York best selling author of *Eat This, Not That!*, eating the right foods can assist in keeping diabetes, weight gain, joint pain, and other age-related ailments at bay.

25 Foods to eat include:

1. **Wild Salmon.** Wild Salmon contains Omega-3 fatty acids that help reduce inflammation, slow the plaque buildup inside blood vessels, and increase the ratio of good to bad cholesterol levels. According to 20 journal published studies, it is indicated that eating one to two 3-ounce servings of fatty fish a week reduces the risk of dying from heart disease by an amazing 36%.
2. **Avocado.** Avocado's contain mono and polyunsaturated fats and can lower cholesterol levels and decrease the risk for heart disease when eaten instead of saturated or trans-fats.
3. **Green Tea.** Green tea can aid in weight loss, help you recover faster after a workout, may lower levels of "bad" cholesterol, and increase levels of "good" cholesterol. Polyphenols in green tea may block cholesterol from being absorbed in the intestine and help the body get rid of cholesterol.
4. **Chia Seeds.** Two tablespoons of chia seeds contain 4,500 milligrams of omega-3 (the daily recommended dose is 600-1000 milligrams). Additionally, two tablespoons of chia seeds contain 11 grams of fiber. A recent study found that eating 10 grams of fiber per day reduced belly fat by 3.7% over five years. Carrying extra belly fat can cause plaque to clog arteries of the heart and brain. Clogged arteries is known to be a contributing factor in the development of Alzheimer's. Try mixing a cup of cooked oatmeal, 8 chopped walnut halves, 1 tablespoon of chia seeds, and 1 cup of blueberries for a powerful heart healthy breakfast.
5. **Blueberries and Strawberries.** Berries are great brain food and a potent source of fiber. According to Annals of Neurology, blueberries and strawberries may slow mental decline and help maintain memory and focus.



6. **Olive Oil.** Olive oil is rich in cancer-fighting polyphenols and monounsaturated fats that boost heart health, slow brain aging, and reverse age-related memory deficits. However, remain cautious with fat/oil intake to prevent weight gain.
7. **Eggplant.** Eggplant is packed with free-radical-scavenging chlorogenic acid and powerful antioxidants called anthocyanins that can bolster short-term memory.
8. **Walnuts.** Walnuts are a great source of polyunsaturated fats that reduces fat storage and can possibly improve brain function.
9. **Guava.** Once cup of guava provides 600% of a day's recommended Vitamin C. Studies have shown that people with high levels of Vitamin C have the lowest incidence of diabetes.
10. **Beans.** One study has found that diabetics who ate a cup of beans every day for 3 months saw improvement in their blood sugar levels and body weight than those who ate other sources of fiber.
11. **Cherries.** Cherries are packed with anthocyanins, an antioxidant that helps lower blood sugar levels in diabetics. The Journal of Agricultural and Food Chemistry found that anthocyanins could reduce insulin production by as much as 50%.
12. **Turmeric.** Turmeric is known as Mother Nature's all-natural ibuprofen. Curcumin, the active ingredient in the Indian spice, blocks the effects of pro-inflammatory enzymes and chemical pain messengers, easing arthritis pain and swelling. Turmeric has also been found to interfere with the growth and spread of cancer cells and lower cholesterol levels.
13. **Carrots.** Carrots and other orange vegetables are inflammation fighters because of their Vitamin A and beta-carotene content.
14. **Sweet potato.** Sweet potatoes contain the mineral potassium that can lessen the effects of sodium on blood pressure. They are also rich in carotenoids (powerful antioxidants) that help stabilize blood sugar levels and lower insulin resistance.
15. **Beets and Beet Greens.** As we age our blood vessel receptors become less sensitive and our blood pressure can change due to less regulation. Additionally, as we age, our arteries become thicker, stiffer, and less flexible. Our arteries help pump the blood from the heart, so if the blood flow isn't good and the heart has to work harder, blood pressure increases. According to the Mayo Clinic, beets and beet greens are rich in nitrates, a natural chemical that increases endurance, lowers blood pressure, and protects the heart by de-stiffening arterial walls.