

# The 10 Best and Worst Foods for Health and Longevity

## The Best:

## The Worst:



### Green Leafy Vegetables

Leafy greens pack a micronutrient punch. This category includes dark lettuces, kale, collard greens, arugula, and watercress.



### Non-Leafy Cruciferous Vegetables

Broccoli, cauliflower, Brussels sprouts and radishes contain phytochemicals that modify hormones, detoxify compounds and prevent toxins from damaging DNA.



### Berries

Berries support heart health, improve blood glucose levels and reduce inflammation. Enjoy all berries including: blueberries, raspberries, strawberries and blackberries.



### Beans

Satisfying and versatile, beans and legumes contain high levels of soluble and insoluble fiber and resistant starch.



### Mushrooms

White button, Portabello, shiitake, oyster and other varieties protect against respiratory infections and breast cancer.



### Onions

Onions, leeks, scallions and garlic supply anti-cancer, anti-inflammatory, and antioxidant compounds.



### Nuts

Walnuts, pistachios, pine nuts and almonds are rich in sterols, stanols, fiber, minerals, and other health-promoting nutrients, and protect against heart disease.



### Seeds

Seeds provide all of the advantages of nuts plus several provide omega-3 fats (flax, chia, hemp) and anti-cancer lignans (flax, chia, sesame).



### Tomatoes

High in the carotenoid lycopene, tomatoes have strong antioxidant and anti-inflammatory properties that help to protect against cancer and cardiovascular disease.



### Pomegranates and Cherries

These fruits protect against heart disease, cancer, cognitive impairment, and reduce oxidative stress.



### Smoked, Barbecued, or Conventionally-Raised Red Meat

Contains cancer-promoting hormones; increases production of cancer-promoting hormones in humans. Cooking process produces carcinogens including heterocyclic amines, poly aromatic hydrocarbons, and high amounts of AGEs (Advanced Glycation End-Products).



### Commercial Baked Goods

Refined carbohydrates made from white flour, sugar and oils are linked to depression as well as dementia. Also avoid margarines, shortening and fast foods, which also may contain trans fats that accelerate heart disease.



### Butter

Butter is linked to higher cholesterol, higher rates of heart disease deaths, and even more disturbing, higher rates of invasive cancer, such as breast cancer.



### Pancakes and Donuts

They are high in white flour, sweeteners and oil, a triad of danger, and then fried – all of which magnifies your risk of heart disease and cancer.



### Soda

The phosphoric acid in colas may cause calcium loss. Artificial sweeteners in diet sodas disrupt the body's connection between taste and nourishment, so even sugar-free sodas are dangerous.



### Fried Foods

Fried foods like fried chicken, eggplant parmesan, and French fries form acrylamides and other dangerous inflammation-promoting compounds as they cook, which can cause genetic mutations and increase the risk of cancer.



### Highly-Salted Foods

Excess sodium is linked to high blood pressure, strokes, heart enlargement and heart attacks, autoimmune disease, kidney disease and stomach cancer.



### Hot Dogs and Luncheon Meats

These mixtures of processed meat scraps packed with chemical preservatives and coloring agents are linked to early death, and also can contribute to childhood cancer when consumed during childhood or by parents before conception and during pregnancy.



### White Sugar and other calorically-dense sweeteners

All caloric sweeteners, no matter what their source, have effects that promote weight gain, heart disease and diabetes. This includes maple syrup, honey and agave. Concentrated sweeteners are linked to cancer, too.



### Sweetened Dairy Products

Ice cream, low-fat ice cream and frozen yogurt are high in dairy protein and concentrated sweetening agents, both of which are linked to elevations in growth-promoting hormones and certain cancers.