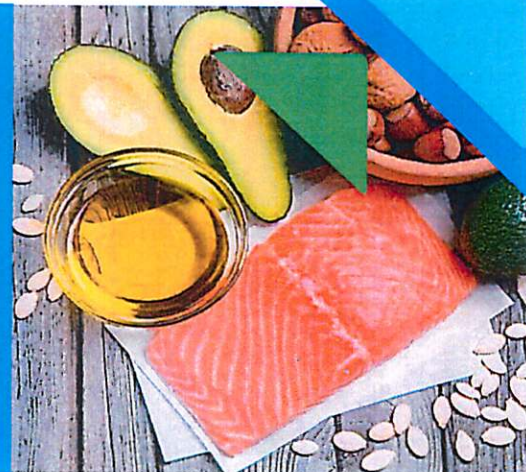


How to Stay Young !



★ KEEP YOUR MIND SHARP

★ THINK POSITIVE!

★ PLAN TO STAY YOUNG

★ THE "RIGHT" DIET

- Balance of protein, carbohydrates, fiber and fats
- Avoid too much sugar (a maximum of 28 grams/day should be everyone's goal)
- Avoid eating when stressed
- Don't waste calories
- Eat breakfast
- Drink water/seltzer (no other beverages will hydrate you or quench thirst. NOT club soda!)

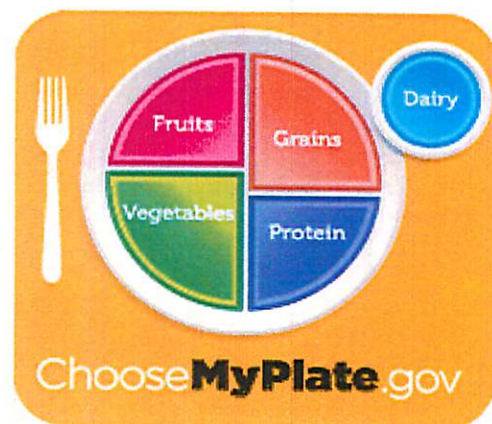
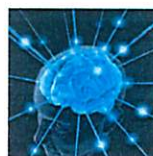
★ Monounsaturated Fatty Acids are good for you!
(i.e., olive oil, avocados, nuts)

★ "Superfoods" – try to eat at least 3 each day

- Leafy greens (**check with your doctor if you are on anticoagulant medication**)
- Garlic
- Green tea
- Flaxseed oil
- Blueberries
- Almonds
- Seaweed
- Soy (not for everyone! If you've been told not to consume soy, follow those instructions!)

★ EXERCISE

- Flexibility
- Posture



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