

Average Anti-Aging Nutrition Plan

This anti-aging diet involves a slight reduction in overall calories. Calorie restriction, if properly carried out, provides the body with all the nutrients it needs without overburdening the organs and system functions. The work necessary to digest food decreases and this in turn produces less oxidative stress and therefore fewer harmful free radicals that accelerate aging are produced. The body's metabolic rate automatically readjusts itself to match your energy expenditure to that of the intake and the slowing down of your organ system gives your organs more rest and prolongs the life span of each of the organs. As your organs remain healthy, you live longer. Nutrition Plan is based on approx. 1000-1200 calorie nutrition plan. Fluids and portion sizes/type of food will alter calorie consumption.

Nutritional Supplements:

Genie Lifestyle Younga – take 1 capsule before breakfast and 1 capsule before 3pm

Genie Lifestyle Calma – take 2 capsules before breakfast

NUTRITION PLAN

OBJECTIVE: To preserve the life of internal organs and improve wellbeing

BASIC PRINCIPLES

1. Reduce sugar intake i.e. Biscuits, Chocolate, Sugar Drinks, Sweets, Ice Cream
2. Reduce fat intake i.e. Bacon, Sausages, Cheese, Crisps, Croissants,
3. Increase protein intake ie. Chicken, Turkey, Egg Whites, Lean Red Meat, Fish
4. Increase complex carb intake ie. Pasta, Rice, Potatoes – try not to eat too much bread
5. Increase vegetable consumption
6. Use herbal tea alternatives and de-caf. Drink plenty of water throughout the day 3-4 litres

GOLDEN RULES

5. Reduce you daily calorie intake by approx 20%
6. Eat small meals throughout the day.
Never skip breakfast.
Drink lots of water.
Treat yourself at the weekends – choose one cheat day

Only choose ONE option from each meal time:

BREAKFAST – CHOOSE FROM :

*Homemade smoothie – add in fresh chopped fruit (citrus or berries) add in some ice to thicken up (1 medium glass) ...OR

*Bowl of no added sugar Alpen/Muesli, 1 small chopped banana, skimmed milk...OR

*1/2 cup of porridge oats with skimmed milk or water – no sugar; add in a small chopped banana or strawberries....OR

*Bowl of Special K with ½ cup mixed berry fruits, skimmed milk...OR

*Scrambled eggs – made with 2 eggs (1 whole egg and 1 white only) & 1 x whole meal toast with low fat/fat free spread

LUNCH – CHOOSE FROM:

*Wholemeal Sandwich/Pitta - mixed salad; fat-free cottage cheese & salad sandwich or, Salmon, Ham, Chicken or Turkey with Salad – Try to make your own – avoid butter and full fat dressings ..OR

*Small Jacket spud with 1 can Tuna in water & tbsp of fat free cottage cheese and some pineapple chunks ...OR

*1 grilled Chicken breast, ¼ cup rice or ½ cup pasta or new potatoes +steamed chunky vegOR

*Mixed leaf salad with shredded chicken, and new potatoes (can use a fat free salad dressing) add in pineapple chunks or mango/apricots to salads / olives Can alternate type of protein chosen each day. Add a small amount of chopped nuts to salads, pasta and other grain dishes for an added crunchy texture.

DINNER – CHOOSE FROM:

*1 grilled Chicken/turkey Breast with 1 cup chunky fresh veg or salad & couscous...OR

*Chunky vegetable and chicken stir fry with ½ cup pasta/rice...OR

*Chicken curry made with low fat sauce and mixed veg/salad & ½ cup boiled rice...OR

*Small Lean steak with mixed veg or salad and small baked potato...OR

*Home made Bolognese / Chilli – use extra lean mince and low fat sauce. Add chunky veg or salad with ½ cup boiled rice...OR

*Salmon or Tuna steak with veg or salad and ½ cup boiled rice...OR

SNACKS:

If you feel hungry during the day have a piece of fruit as a snack. You can also snack on raw almonds but no more than ½ handful per day.

Apple, pear, apricot, strawberries, cantaloupe, peach, watermelon, banana, mango, RED, grapefruit, grapes, cherries

Food Types to Include Per Meal:

Carbohydrates:

Baked potato, sweet potato, yam, squash, steamed brown rice, pasta, oatmeal, beans, corn, and whole grain bread or pita and exotic grains such as couscous, bulgur, and barley.

Proteins:

Chicken breast, turkey breast, swordfish, salmon, tuna, crab, lobster, egg white or substitute, low-fat cottage cheese, legumes, nuts and /or tofu.

Vegetables:

Broccoli, asparagus, lettuce, carrots, cauliflower, green beans, green peppers, mushrooms, spinach, tomato, peas, Brussels sprouts, cabbage, celery, zucchini, cucumber, onion.

***YOU CAN USE COOKING SAUCES BUT MAKE SURE THEY CONTAIN LESS THAN 5g OF FAT PER 100g – Check the product Nutritional Label. Use extra virgin olive oil and lemon juice as dressing for salads etc.**

This nutrition plan will give you a general idea of what an anti-aging meal should look like. You should have plenty of greens on your plate. At the end of the meal, you will probably only be 70 percent full, but you should feel light and ready for a leisurely walk. Calorie restriction extends life span and is a proven anti-aging tool.

N.B. This is an anti-aging – not a weight loss nutrition plan. If your main aim is to lose weight then refer to the 'average weight loss nutrition plan'.