

MELT OFF
POUNDS
AND
YEARS!

7 YEARS
YOUNGER

THE ANTI-AGING
BREAKTHROUGH

DIET

LOSE 20 POUNDS
(OR MORE!)

BY THE EDITORS OF
GOOD HOUSEKEEPING
AUTHORS OF THE NEW YORK TIMES
BEST SELLER **7 YEARS YOUNGER**

Chapter

1

The Diet That Reverses Aging

Drop 10 to 25 pounds in just seven weeks. Eat foods you'll love and savor at every meal. Feel better than you have in a decade. Take years off of your appearance and melt inches from your hips, belly, and thighs.

These are big promises, we know, but the *7 Years Younger Anti-Aging Breakthrough Diet* delivers. It introduces you to a new style of healthy eating that feels so natural, you'll want to adopt it for a lifetime. It's the ultimate and essential total body makeover, designed to help you grow younger as you get thinner. It's already working for people who previously had been unsuccessful at losing weight and getting healthy, and it can work for you, too.

"The *7 Years Younger Anti-Aging Breakthrough Diet* is more than a diet; it's a lifestyle," says David Sigman, M.D., a 46-year-old physician who lost a whopping 28 pounds on the program. "I feel that I learned

more about healthy eating in the first three weeks on the diet than I have in the past 45 years.”

Adds panelist Porscha Burke, a book editor who lost 7 pounds: “Without sacrificing breads and cheeses and snacks, the *7 Years Younger Anti-Aging Breakthrough Diet* shows you how to eat satisfyingly smaller portions, develop mindful eating skills, and finally institute control over your food intake—and have fun doing it.”

Hundreds of studies indicate that what you eat matters more than genetics in terms of how well you age and your ability to stave off serious health problems. Anti-aging researchers say that genetics only accounts for about 25% of our risk of age-related illnesses. The rest has to do with lifestyle—most notably what we choose to eat and how active we are.

Embrace this easy-to-follow eating plan, and you can literally turn back the clock on aging. You’ll feel healthier because you’ll *be* healthier, with improved cholesterol, lower blood pressure, a healthier heart, more control over your blood sugar level, and a leaner body than you’ve had in years. One panelist said that her sleep improved, as did her menopause symptoms. And there’s another surprise bonus: Studies show that these same anti-aging foods nourish your skin in a way that can help diminish wrinkles and return a glow to your skin. It’s an added benefit that comes as a surprise to many, but it’s a scientific fact: Eating certain foods can *improve* the texture of your skin, and on the *7 Years Younger Anti-Aging Breakthrough Diet*, you’ll be eating them every day. In fact, with its emphasis on rejuvenating nutrients, this program also helps:

- Fight obesity and target belly fat, the number one risk factor for heart disease, diabetes, stroke, and other life-threatening conditions
- Stop the chronic inflammation in the body that is believed to be at the root of many age-related diseases and health conditions
- Protect your bones and keep them strong

- Reduce “bad” LDL cholesterol and boost protective HDL cholesterol
- Normalize or reduce blood pressure
- Regulate blood sugar levels and fight insulin resistance, which can lead to type 2 diabetes
- Protect against certain forms of cancer
- Protect skin against the sun’s harmful ultraviolet rays, which cause wrinkles, age skin, and increase the risk of skin cancer
- Nourish the skin and strengthen collagen, the substance that keeps it supple and discourages wrinkles, frown lines, and jowls
- Improve eye health

You will be amazed at the changes you’ll experience when you follow the *7 Years Younger Anti-Aging Breakthrough Diet*. And the first step involves recalibrating your eating habits so you will enjoy all the incredible benefits of healthy eating.

“I was honestly blown away by my results,” says Winston Leung, a 40-year-old bookkeeping manager who dropped 24 pounds and reached his weight-loss goal in seven weeks. “I had no idea that it was possible to achieve such results in such a short time. I can continue eating this way for the rest of my life and not feel deprived or be afraid that the weight will come back.”

THE ANTI-AGING COLOR CODE

Eating healthy may sound like a no-brainer—*More vegetables! Fewer sweets!*—but most people struggle to figure out how to eat in a way that leaves them looking and feeling their absolute best. Not only is it hard to know what to eat, but it can be equally difficult to prepare good-for-you food in a way that will be both filling and appetizing. Fifty-two

Maria Arap

“Stay positive,
eat healthy,
and most
important,
be happy!”



Age

38

Height

5'4"

Weight lost

10½ lbs.

Inches lost

2¼ in.

STRUGGLES IN PAST DIETING HISTORY “Different soup diets and cleanses that left me hungry and/or irritable. Starving myself or giving up stuff that I love, which didn’t work. I used to snack and drink more, and now I’ve made an effort to limit both.”

WHY 7YY “I honestly don’t feel like I’m on a diet at all. 7YY is all about portion control and knowing the right stuff to eat. It is definitely a lifestyle change that I plan to stick with forever. I love the plan; it’s so easy to follow!”

SUCCESS SECRET “I used to pick/sample/snack on everything. Now I make an effort not to do that anymore, because I know that ‘what goes on my lips ends up on my hips.’”

PROUDEST OF “Losing weight and feeling healthy without really realizing I’m doing it.”

FAVORITE 7YY RECIPES “I love all the recipes, but if I had to choose a few, I would say Turkey-Feta Burgers [page 258], Soba Noodle Bowl with Shrimp & Snow Peas [page 276], Chicken Parm Stacks [page 250], Steak & Oven Fries [page 263], and Pulled Pork on a Bun [page 260].”

BEST ADVICE FOR OTHER DIETERS “Be patient, and remember, ‘Slow and steady wins the race.’ The 7YY plan really works. It is a life-altering experience and a diet everyone should follow.”

Want to be a panelist for a future 7 Years Younger plan? Sign up at 7yearsyounger.com/panelist to be considered.

percent of Americans say they find it a lot easier to do their income taxes than to figure out how to eat right. Well, the *7 Years Younger Anti-Aging Breakthrough Diet* can change that. The 7 Years Younger Meal Plan that you'll find starting on page 180 tells you everything you need to know about what to eat, but we also want to give you a broader sense of what kinds of foods will serve you best. In fact, we can sum it up quite simply in one word: *color*.

The healthiest foods in the world form a colorful palette of deep, rich hues that come from antioxidants that help inhibit the inflammation and tissue damage associated with aging. These age-reversing nutrients support health in a special way. For instance, red, yellow, or orange bell peppers are a go-to anti-wrinkle food. They are brimming with vitamin C, an important wrinkle fighter because it helps strengthen collagen, a building block of healthy skin. Yellow peppers contain more vitamin C than an orange, and red peppers contain even more of it than yellow ones: Just 10 slices will give you a full day's supply of vitamin C.

In this chapter, you'll learn how various food groups can improve your health in different ways and how to best reap the benefits. In the "What You'll Eat" sections, you'll find out exactly how your meals will be balanced for the next seven weeks, beginning with the Jumpstart, so you'll get the most out of every morsel!

Mediterranean Flavor and Benefits

The *7 Years Younger Anti-Aging Breakthrough Diet* is a Mediterranean-inspired eating plan modified for weight loss and a variety of tastes. It contains an abundance of fruits, vegetables, fish, whole grains, low-fat dairy, nuts, seeds, and olive oil—a pattern of eating that has been proven to prevent heart attack and stroke.

Fruits and Vegetables: Follow the Rainbow

The nutrients that studies show have anti-aging, disease-fighting, and skin-protecting properties number in the *thousands*, and the colorful fruits and vegetables found in the grocery store contain combinations of them all. Building your daily menu around these nutrient-dense foods will earn you a health trifecta: whittling off unwanted weight, staving off the diseases of aging, and rejuvenating your complexion.

Weight-loss stars Fruits and vegetables have long been known as “diet food” because they are low in calories. But loading up on fruits and vegetables does more than help you get thin. Israeli researchers demonstrated this when they examined how much food was consumed by people following each of three different diets to lose weight: low-fat, Mediterranean, and low-carb. The universal predictors of rapid loss of weight and the ability to keep it off two years later: an increase in fruit and vegetable consumption and a decrease in intake of sweets.

Look on the White Side, Too

White has always been associated with unhealthy, empty-calorie foods (think white bread, white sugar, etc.) But not anymore. Turning decades of nutrition advice on its head, new research has found that pale produce delivers a big health bonus. In a 10-year Dutch study of more than 20,000 people, those who ate the most white-fleshed fruits and veggies, including apples, pears, cucumbers, bananas, and cauliflower—all *7 Years Younger Anti-Aging Breakthrough Diet* foods—had a 52% lower risk of stroke than people who selected more colorful edibles.

Apples and pears were the most popular picks in the “white group,” leading researchers to speculate that the benefit comes from the plant chemical quercetin in these fruits. Another major contributor of quercetin to our diet: onions. (Read about quercetin’s skin benefits on page 38.)

In another study, researchers at Pennsylvania State University randomly divided 97 obese women into two groups. One group was counseled to simply reduce their fat intake, while the other was told to lower the fat in their diets and also eat more water-rich foods, particularly fruits and vegetables. After one year, all the women had lost weight, but the second group had dropped 3.3 more pounds on average (their total lost: 17 pounds).

The ultimate disease fighters Numerous studies show that the higher one's intake of antioxidant-rich fruits and vegetables, the lower one's risk of heart attack, heart disease, stroke, and certain forms of cancer. Colorectal cancer rates, for example, are highest for people who eat a high-fat diet and lowest for those who eat a nutrient-dense, high-fiber diet rich in fruits and vegetables. Eating more fruits and vegetables is also associated with a decreased risk of high blood pressure and high cholesterol and can help prevent bone loss, kidney stones, and constipation. The general rule of thumb: The deeper the color it is, the more nutrients a food contains. So pile your plate high with more fruits and vegetables to increase your protection against disease.

Super skin protectors Dozens of studies have found an association between high fruit and vegetable consumption and smoother, more resilient, better-looking skin. For example:

- A study at the University of St. Andrews in the U.K. found that people who added three portions of produce a day to their diets—no matter how much or how little of it they were eating to begin with—enjoyed a more attractive skin tone in six weeks. The volunteers rated the improvement they saw in the mirror as “even more of a beauty bonus than getting a tan,” says lead author Ross Whitehead.
- A large study conducted in Italy found that people who consumed dark green leafy vegetables at least three times a week had

measurably healthier skin with less sun damage as well as a lower risk of skin cancer than people who ate the least greens.

- A British study that examined the skin of more than 4,000 women between the ages of 40 and 70 found that those with the highest intake of vitamin C-rich foods had fewer wrinkles and dewier skin.

Nutritional Skin Savers

There are certain nutrients, all part of the *7 Years Younger Anti-Aging Breakthrough Diet*, that are so powerful, they can defend your complexion against the most skin-threatening substance on Earth—ultraviolet (UV) rays from the sun. Here they are:

- **Vitamin C**, a well-known wound healer, plays a vital role in protecting collagen. It can also help reduce dry skin. *Key sources:* bell peppers, broccoli, Brussels sprouts, oranges.
- **Vitamin D** supplies the body with the fuel it needs to replenish skin's collagen. *Key sources:* low-fat milk, yogurt, eggs, and salmon.
- **Vitamin E** has moisturizing and anti-inflammatory properties that have been shown to help diminish the effects of sun damage and inhibit the processes that cause skin aging. *Key sources:* canola oil, nuts, nut butters, and seeds.
- **Beta-carotene** increases production of collagen and glycosaminoglycans, which help your skin retain water. *Key sources:* all yellow, orange, and red fruits and vegetables.
- **Lycopene** has been found to be a strong source of sun protection and helps smooth rough skin. *Key source:* cooked tomato products (like tomato sauce).
- **Lutein** helps increase skin hydration and protect the eyes from sun damage. *Key sources:* eggs, leafy greens, broccoli,

Ask the **EXPERT**

Nina Judar
Beauty Director, *Good Housekeeping*



Q *I know the foods on the 7 Years Younger Anti-Aging Breakthrough Diet will help keep my skin looking younger. What else can I do to prevent wrinkles?*

Nina says: The sun's ultraviolet rays are a top skin ager, causing wrinkles, spots, sagging, and even cancer. To minimize sun damage, swap your plain daily moisturizer for one with sunscreen. **Follow the American Academy of Dermatology's recommendation and use a product with an SPF of 30 or higher every day.** Make sure it's labeled "broad-spectrum," meaning it follows the new FDA guidelines and protects against both UVA and UVB rays, which cause skin cancer and aging. One teaspoon will give your face protection; one ounce of a body sunscreen (a shot glass-full) will cover you from head to toe. Reapply every two hours if you are spending time outdoors. Since no sunscreen can provide 100% protection from UV damage, try to avoid being out in the sun when it's at its strongest (between 10 A.M. and 4 P.M.), and wear a hat and protective clothing. Other smart moves: not smoking, getting plenty of sleep, and eating a nutritious diet, as in the 7 Years Younger Meal Plan.

Q *With all the anti-aging lotions and potions out there, I'm confused! What should I use?*

Nina says: Even I find the drugstore aisles and department store counters confusing—there are too many choices! If you're starting from scratch, keep it simple and stick to three products: a facial cleanser, a daytime moisturizer with SPF 30, and a night cream with wrinkle fighters like retinol or peptides. These ingredients have been shown to reduce fine lines when used for eight to 12 weeks. This simple program is good for women of any age; as you get older and your skin gets drier, simply opt for a cream that feels thicker. If you want to step it up a notch, add a serum, a lightweight topical lotion with a higher concentration of anti-agers than a moisturizer. In the A.M., layer an antioxidant serum under your day cream. For the P.M., look for one with ingredients similar to those in your night cream, such as peptides.



Q *Anti-aging skin-care products are so pricey! Do I have to pay top dollar to see benefits?*

Nina says: Not necessarily. The Good Housekeeping Research Institute always tests beauty products with a wide range of prices, and our scientists have found again and again that bargain choices perform as well as—or even better than—more expensive ones. For example, the winning night cream in our first anti-aging awards, L'Oréal Paris Advanced RevitaLift Deep-Set Wrinkle Repair Night Lotion, costs about \$20. However, if you're looking to spend less than that, you'll likely be disappointed. Anti-aging ingredients such as peptides and retinol tend to be more expensive than those found in plain moisturizers. One item you can always save on: facial cleanser. Dermatologists recommend Cetaphil and CeraVe, gentle face washes that are appropriate for all skin types; each costs around \$10.



Q *What can I do about dark spots on my skin?*

Nina says: Start by seeing a dermatologist for a skin check, and repeat this annually: You want to be sure none of the spots are precancerous or cancerous. A skin doc can also go over speedy high-tech solutions, such as laser treatment. If you opt to fade dark patches at home with a cream or gel, patience is key: It can take eight to 12 weeks to see any improvement. The gold-standard ingredient is hydroquinone, a bleaching agent. It can be found in 2% concentration in over-the-counter skin creams, or a dermatologist can give you a prescription for a 4% concentration. Hydroquinone should be used for no more than three months and can be irritating. Retinoic acid, a vitamin A derivative, can minimize spots and wrinkles simultaneously, especially when used at prescription strength. Most skin tone-evening creams sold in stores contain retinol—a less potent vitamin A derivative—or a host of other ingredients such as vitamin C and licorice extract. Though these are generally not irritating, they're also not as effective as retinoic acid. No matter what you use, minimize sun exposure and wear SPF 30 sunscreen daily—otherwise, the spots will return.

Find top rated anti-aging products at 7yearsyounger.com/shop.

corn, and peas.

- **Selenium** offers protection against the sun. *Key sources:* eggs, mushrooms, whole grains, salmon, tuna, lean pork, and poultry.
- **Zinc** helps break down damaged collagen, clearing the way for renewal of elasticity and smoothing surface lines in the skin. *Key sources:* lean meats, shellfish, and beans.
- Other well-known skin protectors include **flavonoids**, found in red grapes, blueberries, strawberries, and red cabbage; **quercetin**, found in onions, apples, berries, and broccoli; **isoflavones**, found in soybeans; and **ellagic acid**, found in berries and pomegranates.

What you'll eat The wider the variety of colorful fruits and vegetables you eat, the more benefits you'll reap. The *7 Years Younger Anti-Aging Breakthrough Diet* fills at least half of your plate with fruits and vegetables



Snack Your Way to Smoother Skin

A multinational study involving 453 people living in Australia, Greece, Japan, and Sweden found a link between the quality of a person's diet and his or her number of facial wrinkles. Fewer wrinkles were associated with the highest intake of vegetables, legumes, and olive oil—all *7 Years Younger Anti-Aging Breakthrough Diet* foods. The most wrinkling was associated with the diets highest in sugar, whole milk, butter, margarine, and red meat. On the *7 Years Younger Anti-Aging Breakthrough Diet*, you'll learn how to reduce your intake of those foods in ways that are so delicious, you won't even miss them.

at every meal.

“The best thing about this plan is the strategic nature of the eating,” says Carol Scudder-Danilowicz, a 51-year-old caterer who lost 8½ pounds. “It’s the gift that keeps on giving. People want to know what I’m doing. They’re asking for recipes and want tips. It’s great to finally be on a program that works—and one that isn’t about sacrifice.”

Protein: Essential at Every Meal

Easier weight loss We start losing muscle in our 30s, and by age 40, muscle mass, or what doctors call lean body tissue, begins to decline by up to 1% a year. This drop in lean body tissue slows metabolism, which allows pounds to creep on. It’s the primary reason that weight loss gets tougher as we get older.

Eating more protein, however, will make it easier to lose weight; the calories from protein do a much better job at filling you up and keeping you full than just about anything else you eat. That means you’re more likely to be satisfied with less food, so the pounds will come off without hunger pangs. Plus, protein gives your body the nutrients to build and replace lean body tissue. In fact, we’ve built more of it into the *7 Years Younger Anti-Aging Breakthrough Diet* than even the USDA recommends. It is an essential muscle booster and skin saver; that’s the reason you’ll find protein in every one of our meals. Since muscle is metabolically active,



Slash the Fat

Here’s an effortless and easy way to trim fat from your meals: Swap out red meat for poultry, fish, or legumes. Each time you do, you’ll cut your intake of saturated fat by 15%.

Be Calorie-Conscious in Choosing Meats

You'll find plenty of meat in our meal plan, all of it quality cuts—beef and pork tenderloin and skinless chicken breasts, for example. As you'll see in this swap list, the cut really does make a big fat difference. Some of these choices might cost you a little more money, but you'll save big on calories when you choose the leanest cuts of meat and poultry—not to mention what you'll save on health care costs down the road. Think of it as an investment in your future!

Swap...	for...	and save...
Pork ribs 558 cal	Pork tenderloin 250 cal	308 cal
Prime rib 480 cal	Beef tenderloin 240 cal	240 cal
70% lean ground beef 464 cal	95% lean ground beef 291 cal	173 cal
Chicken leg with skin 394 cal	Skinless chicken breast 289 cal	105 cal

having more of it means you'll burn calories more efficiently. The more muscle you build—and, yes, the *7 Years Younger Anti-Aging Breakthrough Diet* fits exercise into the formula—the higher your metabolism will be.

A prime muscle builder Excess weight means excess fat that puts your health at risk. Down the road, diminished muscle mass can throw your equilibrium off balance—upping your chances of a fall, sapping your energy, and even threatening your ability to recover from an accident or illness.

As part of the Framingham Osteoporosis Study, researchers looked at

the protein intake of more than 900 men and women with an average age of 75. They found that those who ate the most protein had a significantly lower risk of hip fracture. Since bone density didn't differ much among them, the researchers believe eating protein might have helped prevent breaks by increasing muscle mass and strength in their lower bodies.

Wrinkle eraser People who eat the most protein have the smoothest skin, according to the results of a British study. Protein provides the building blocks of collagen, says F. William Danby, M.D., adjunct professor of surgery (dermatology) at Dartmouth Medical School. Collagen is critical to how plump and healthy your skin looks.

Your skin will make collagen whether you dine on marbled steaks or skinless chicken breasts, but the leaner choice will help you lose weight. Red meats, which are high in saturated fat, are thought to contribute to heart disease and certain forms of cancer.

What you'll eat A key to making sure every meal leaves you feeling full and satisfied is getting enough protein. And there are plenty of options: beans, low-fat dairy, eggs, legumes, seafood, and lean cuts of meat and poultry. A nonmeat source of protein you'll find on the *7 Years Younger Anti-Aging Breakthrough Diet* is tofu, a whole soy food. Though the research isn't definitive, a small Japanese study found that women who consumed soy extract for 12 weeks had greater elasticity in their skin and fewer fine lines around their eyes than women who got less soy in their diets.

Dairy: The Low-Fat Way to Go

Dairy is an excellent source of calcium and vitamin D and can be an important protein source—one cup of milk offers 8 grams of protein, more than you get from eating an egg. It is also rich in minerals and nutrients that are tied to positive health benefits. Yet many experts believe that about two-thirds of Americans don't get enough dairy in their diets.

Calcium Dairy foods are packed with calcium, the nutrient important to

Wean Yourself Off Whole Milk

Even if you grew up loving whole milk, you can train your taste buds to get just as much enjoyment out of a lower-fat version. Just cut back gradually. After a while, you'll likely find that whole milk tastes too rich.

Ideally, your goal should be 1% or fat-free. Whole milk, for example, contains roughly 3.25% milk fat, so dropping to 2% milk doesn't offer much of a reduction: It's better than whole milk, but it still has 5 grams of fat, 3 of which are the artery-clogging saturated variety. If you shy away from skim milk, the best choice is 1%, at 2.5 grams of fat with 1.5 of those grams being saturated.

Your best bet may be the protein-fortified "plus" fat-free milk. It tastes creamier than regular fat-free.

strong bones. Bone loss begins in your 30s, and in women, it accelerates after menopause as levels of estrogen diminish. Weight-bearing physical activity, such as walking, is critical for saving bone mass, but diet is important, too—that's why we should embrace dairy foods. (Bone health also gets a big assist from the protein found in dairy.)

Vitamin D One reason the *7 Years Younger Anti-Aging Breakthrough Diet* is filled with dairy foods is that they are fortified with vitamin D, a nutrient getting a lot of attention these days as an important safeguard against age-related disease and a help in delaying the aging process.

Other notable nutrients Foods like milk, yogurt, and cheese are key sources of potassium, phosphorus, riboflavin, and niacin, and they're packed into our meal plan because they're associated with numerous benefits, such as keeping your cardiovascular system young and vital, reducing blood pressure, and lowering the risk of type 2 diabetes and colon cancer. Studies show that dieters may also get an added weight-loss edge by including dairy on their daily menu.

The evidence for dairy foods' benefits keeps mounting. A Japanese

study found that eating just a quarter-cup of yogurt a day led to a 50% reduction in tooth loss and a 60% lower risk of heart disease, most likely attributable to the beneficial bacteria known as probiotics found in yogurt (look for “live, active cultures” on the label). Probiotics are also linked with additional health perks such as improved immunity and digestion.

One thing to keep in mind: The fat in dairy does nothing to supply you with health-sustaining nutrients, which is why we recommend using mainly low-fat dairy products.

Fish: Eat It to Your Heart's Content

Health experts are pleading for people to eat more fish because it is the richest source of omega-3 fatty acids and the *only* direct source of the most important two: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Although most seafood has some healthy fats, the kinds of fish that offer you the most benefits are oily varieties such as salmon, tuna, halibut, and trout. Even fish get cold swimming in frigid water, and these species build up layers of fatty tissue that act as insulation. It turns out that fish oil from that fat offers special protection to humans as well, mostly notably to our hearts.

A multitasker for heart health Research into the heart-protecting benefits of fish oil shows that it guards your ticker in a variety of ways. When we eat fish, omega-3s accumulate in cell membranes, where they help to:

- Normalize the heart's rate when outside influences try to make it skip a beat
- Slow the racing heartbeat that causes life-threatening ventricular fibrillation
- Prevent blood clots
- Slow the growth of plaque in arteries
- Lower triglyceride levels
- Strengthen blood vessels' walls

Ask the **EXPERT**

Samantha B. Cassetty, M.S., R.D.
Nutrition Director, GHRI



How do I get omega-3s if I have a seafood allergy?

Samantha says: There's some debate about whether fish oil supplements are OK for people with food allergies, but since no one knows for sure, I suggest you play it safe and steer clear of them. That leaves you with plant-based sources of omega-3s, like walnuts and canola oil. Although they don't have the same health benefits as fish fats, they do have anti-aging perks of their own. New research suggests that eating a Mediterranean-based diet that includes walnuts (very similar in spirit to the 7 Years Younger Meal Plan) is linked to a lower risk of heart attacks and strokes. Flaxseeds and chia seeds are other great sources of plant-based omega-3s. You can also pick up 500-mg supplements of algae-based DHA—one of the healthy fats found in fish. Since these are made from algae and not fish, they're considered safe for people with seafood allergies.

- **Keep blood thin**

The feel-full factor People who eat even the fattiest fish typically eat less red meat. Scientists theorize that this is the reason they generally have healthier hearts and slimmer bodies. But fatty fish, because of its oil, is generally higher in calories than leaner varieties, so how can it help keep you svelte? One study, involving 232 overweight volunteers on a reduced-calorie diet, set out to find the answer. The researchers discovered that when the dieters ate a meal that included a fatty fish, such as salmon, they felt fuller longer than those who ate a leaner fish, such as cod. It appears that high levels of omega-3s prompt the body to produce more leptin, the hormone that signals fullness. This, in turn, helps you eat less food throughout the day, the scientists hypothesize. Other studies suggest that omega-3 fatty acids may help block fat-cell formation.

A possible cancer fighter Does eating fish help reduce the risk of cancer, or is the rate of cancer low among fish eaters because they consume less red meat? It's a scientific conundrum, but there is evidence suggesting that eating a few servings of fish a week may offer protection against certain types of cancer, most notably colorectal cancer. In one study, European researchers spent five years following the dietary habits of patients admitted to the hospital for precancerous and cancerous polyps. They found that the risk increased with meat consumption and was "significantly reduced" with moderate fish intake, which was defined as one to two servings a week.

Protection from the sun Three British studies found that high levels of omega-3s in the diet helped protect people from sunburn. Studies in mice suggest how this can happen. When scientists exposed mice to ultraviolet radiation, they found that omega-3s significantly reduced inflammation and other immunological responses that break down collagen, which is vital to firm, youthful skin.

Mind sharpener Yes, it's true: Eating fish is good for the brain. A European study involving 2,031 elderly men and women found that those who regularly ate seafood performed better on cognitive tests than those who

Supplemental Protection

The *7 Years Younger Anti-Aging Breakthrough Diet* provides you with all the nutrients you need. Generally speaking, no nutritional supplements are necessary to safeguard your health, with two possible exceptions: fish oil and vitamin D. If you don't eat fish, health experts recommend taking 500 mg per day of supplemental fish oil (omega-3 fatty acids) containing both EPA and DHA. People with heart disease should aim for 800 to 1,000 mg per day. As for vitamin D, it's nearly impossible to get as much as you need from food. The official daily requirement for adults is 600 IU, but many health experts recommend 1,000 IU a day.

ate little or none.

What you'll eat You don't have to add a ton of seafood to your diet in order to enjoy the benefits of a fish-friendly diet. The *7 Years Younger Anti-Aging Breakthrough Diet* offers just what the AHA recommends: fish at least twice a week.

Grains: Whole Ones Reign

Eating whole grains goes a long way toward keeping age-related disease at bay. Research conducted at the University of Scranton measured the polyphenol content of whole-grain flours and ready-to-eat whole-grain foods and snacks. Breakfast cereals (particularly whole-grain cold cereals) and popcorn topped the list, with an antioxidant content comparable to that of fruits and vegetables. Whole-grain flours such as those used to make whole wheat bread scored high, too. Overall, whole-grain foods had significantly more antioxidants than ones made from processed grains.

Feel-full foods Whole grains work doubly hard by keeping blood sugar levels steady and making you feel full longer. A research review of diet-friendly foods, including whole wheat versions of products like bread, pasta, and crackers as well as oats and brown rice, found that a menu loaded with whole grains helps people stay slim. One reason? Whole grains rank low on the glycemic index, a system that rates the effects of different carbohydrates on blood sugar levels, while refined grains rise to the top of the index. Researchers in Denmark followed 548 people who were on a low-fat maintenance program for eight weeks after they had lost an average of 24 pounds. Those who ate few refined grains and more lean meat, nuts, low-fat dairy, and whole grains—the foods found on the *7 Years Younger Anti-Aging Breakthrough Diet*—didn't gain back any weight. However, those who ate high on the glycemic index—white bread and other refined carbohydrates—regained almost four pounds. When researchers from Tufts University analyzed the dietary habits of 434 men and women, they

Fill Up on Fiber

Fiber deserves special attention as an anti-aging superstar. It's found mainly in fruits, vegetables, whole grains, and beans—pillars of the *7 Years Younger Anti-Aging Breakthrough Diet*. Although the distinction isn't always apparent on a food label, there are two types of fiber: insoluble and soluble. Most fiber-rich foods contain both types—the insoluble kind helps improve your digestion, and the soluble kind gives fiber its disease-fighting clout. Fiber has these health pluses:

- **Shrinks belly fat** Soluble fiber, in particular, helps whittle your waist.
- **Controls cholesterol** Oats, beans, and other sources of soluble fiber help reduce LDL cholesterol, too much of which ratchets up your risk of heart attack.
- **Lowers heart disease risk** Fiber helps reduce blood pressure and disease-promoting inflammation.
- **Improves insulin sensitivity** The fiber in whole grains works even harder than the fiber in fruits and vegetables because it slows the absorption of sugar, making it easier for insulin to do its job.
- **Reduces cancer risk** When researchers looked at the fiber consumption of 35,972 women, they found that a diet rich in fiber from whole grains and fruit offered premenopausal women significant protection against breast cancer.
- **Aids in weight loss** One explanation: High-fiber foods take a long time to chew, giving your body time to send “I’m full” signals to the brain before you’ve overeaten. These foods also tend to take up space in your stomach, so you’re likely to stay full for longer periods of time.

Just because a label boasts that a food has a high fiber content doesn't mean you'll reap all of these benefits. That's because many packaged foods are filled with supplemental fibers, including inulin, corn fiber, and polydextrose, which don't have all of the proven benefits of the fiber found naturally in foods. And these ingredients are more likely to cause gas and bloating.

Americans get only about 15 grams of fiber a day, not even close to the 25 grams recommended by the American Heart Association. But between whole grains, fruits and vegetables, beans, and nuts, you'll be exceeding that recommendation on the *7 Years Younger Anti-Aging Breakthrough Diet*.

Ask the **EXPERT**

Samantha B. Cassetty, M.S., R.D.
Nutrition Director, GHRI



Q *Does diet soda fit into the plan?*

Samantha says: Yes. Some research calls into question whether diet sodas help with weight loss, but that's partly because people who drink diet beverages may have an otherwise unhealthy diet (fast food, sweets, and salty snacks). On the 7 Years Younger Meal Plan, you'll be making healthy improvements to your diet, and ditching sugary sodas is one of those. Sugar is a skin ager, and regular soft drinks are loaded with it (and high in calories). That's why it's better to go with diet versions. If you prefer not to drink them, you can stick with water, seltzer, or unsweetened iced tea.

Q *I want to limit my sugar intake, but I love sweet things. Is it OK to use artificial sweeteners in my coffee and tea?*

Samantha says: I let the health authorities be my guide, and the FDA considers both artificial sweeteners and natural ones, like stevia, safe for most people (the exception: those with a rare metabolic disorder called phenylketonuria; they need to steer clear of aspartame). I'm also swayed by the National Cancer Institute's findings that there's no clear evidence that FDA-approved zero-calorie sweeteners are linked to cancer. Sugar, however, is linked to health problems, so I suggest cutting way back on it, including natural forms like maple syrup, honey, and agave. That includes sugar in your coffee and tea, so if you like your sips sweet, I'd suggest using a zero-calorie alternative. You'll notice that on the 7 Years Younger Meal Plan, we stick to small amounts of added sugar—no more than a teaspoon to sweeten yogurt, for instance—but we also include foods with noncaloric sweeteners. Since the plan is so flexible, the choice is yours.

found that those who ate about three servings of whole grains a day, mainly from cereal, had lower body mass indexes than those who ate less (25.4, versus 27.3). Even more important: They had 5% less belly fat.

Whole grains = healthier hearts Studies show a relationship between

consumption of whole grains and a lower risk of cardiovascular disease. The ongoing Nurses' Health Study, for example, showed that after 10 years, nurses who ate whole grains, including dark bread, brown rice, popcorn, and whole-grain breakfast cereals, had a 30% lower risk of heart disease than those who ate refined-grain products such as white bread.

A study of 43,000 men showed results similar to those in the study of nurses. Those who ate the most whole grains were 30% less likely to develop heart disease.

Blood pressure reducers People with high blood pressure were able to bring it down by eating between 7.2 and 18.9 grams of wheat fiber a day, according to the findings from a number of studies conducted by researchers at Tulane University in New Orleans.

Cancer fighters Cancer risk drops as consumption of whole grains rises, according to a scientific review of 16 years' worth of studies involving

Dieter's Top Tip

The Beauty of the Benefits

Melissa Berman followed the 7 Years Younger Meal Plan precisely, and the payoff was amazing. After seven weeks, she dropped 19 pounds and 6½ inches from her 5'4" frame. She was rewarded in other ways, too. "I have more energy, I sleep better, my hair is full and looks shinier, and my skin looks healthier," says Melissa, who'd been wanting to lose her "baby fat" since she gave birth to her firstborn 11 years ago. "My pores are smaller, and my complexion is more even-toned."

She's convinced that it's all because she stuck closely to the daily meal and snack plan. "I wanted to get the maximum nutrition out of the diet, and it really paid off," she says.



20 kinds of cancer. This effect was most notable for colorectal cancer. Conversely, researchers also observed that diets containing refined grains led to increased cancer risk.

Skin savers Whole grains can brighten the complexion. “Refined grains can raise insulin levels, which in turn causes inflammation that damages the skin,” says Adam Friedman, M.D., director of dermatologic research at Albert Einstein College of Medicine.

Whole grains are a good source of selenium, a mineral that helps protect skin against injury from ultraviolet rays. Beyond the beauty-related payoffs, a study conducted by Dutch and Australian researchers found that a high blood level of selenium was associated with around a 60% lowering of the incidence of non-melanoma skin cancer.

What you’ll eat You’ll meet your whole-grain quota by eating whole wheat breads, cereals, crackers, and pasta in lieu of white versions, but you’ll also explore other whole grains including oats, brown rice, quinoa, and bulgur.

Legumes: Beans at Any Meal

Lowly legumes—beans, lentils, peas, and peanuts—are an inexpensive commodity, but they are priceless when it comes to your health. Beans are a rare source of vegetable protein. Substitute them for meat in meals, and you’ll lower your intake of saturated fat, a notorious aging agent.

Belly-fat targeters Beans are nutritional fountains of youth. They are a great weight-loss food because they contain no saturated fat, making them an ideal substitute for red meat. However, their true contribution to weight loss comes from soluble fiber, which studies show can help reduce belly fat.

Cholesterol clobberers Studies have found that eating beans regularly can bring down total cholesterol and triglycerides. One study found that eating a half-cup of pinto beans a day can potentially slash “bad” LDL cholesterol by 8% or more in eight weeks. Every 1% drop in LDL can lower

heart disease risk up to 3%; that makes a strong case for eating more beans.

A way to keep blood sugar steady Beans and lentils are among the high-fiber foods that get credit for keeping blood sugar stable. In one study, researchers compared two groups of people with type 2 diabetes after filling their diets with different amounts of fiber. One group ate the standard recommended diet of 25 grams of fiber per day, and the other group ate twice the fiber. The result: The higher-fiber group had better blood sugar levels and improved insulin sensitivity.

Cancer fighters Beans contain saponins, phytonutrients that inhibit cancer-cell production in lab tests. In one experiment at Michigan State University, a diet high in beans prevented the development of colon cancer in test animals injected with cancer-causing substances.

What you'll eat Kidney beans, Great Northern beans, chickpeas, and lentils—these are just some of the bean varieties you'll sample; whether they are already a staple of your diet or you're working them in for the first time, you're bound to discover new ways to enjoy legumes when you follow the 7 Years Younger Meal Plan.

STEER CLEAR: 7 YEARS YOUNGER ANTI-AGING BREAKTHROUGH DIET BUSTERS

Though there are many amazing foods in the culinary world that can aid you in reaching your health goals, there are three main things that can actually make you age faster: sugar, saturated fat, and alcohol. You should aim to keep these to a minimum, which we've done on the *7 Years Younger Anti-Aging Breakthrough Diet*.

Sugar The average American woman consumes 18 teaspoons of added sugar (sugars and syrups that are added to foods during processing or preparation, including those added at the table) per day, and men consume

an average of 26. That's a disaster if you're trying to lose weight. Sugar offers virtually nothing nutritional and wreaks havoc with your insulin levels, which in turn can send you false hunger signals. That's why it's enemy number one in the fight against diabetes. Also, when blood glucose goes up, this increases the creation of advanced glycation end products, which go by the appropriate acronym AGEs. AGEs take a toll on skin by interfering with the normal repair of collagen and of elastin, a protein that allows skin to get back its shape after stretching or contracting.

We eat about three and a half times as much sugar as we should, according to the American Heart Association, which recommends a limit of 6¼ teaspoons (about 100 calories' worth) per day to manage weight and reduce the risk of heart disease. (Sugars that are found naturally in foods, such as those in fruit, are OK.) Make a habit of reading labels: Even healthy products can be loaded with sugar, so be sure to steer away from foods that contain an added sugar as one of the first

5 Best and Worst Foods

When Harvard researchers analyzed dietary patterns and on-the-scale ups and downs of more than 120,000 men and women, they were able to single out specific foods contributing to the 3.4 pounds the average American gains over a four-year stretch. The "bad guys":

- Potato chips
- French fries
- Sugar-sweetened drinks
- Red and processed meats

The same report also included foods associated with weight loss. The "good guys":

- Fruits
- Nuts
- Vegetables
- Whole grains
- Yogurt

Sugar Shock: How Much Is Too Much?

It's all too easy to reach your daily limit of six teaspoons (about 25 grams) of added sugar—even when you skip dessert. That's why you need to read food labels. (Note: Labels show total sugars, which includes naturally occurring ones like lactose in dairy products.) Here, see how you can save 18¼ teaspoons of added sugar just by being smart about what you put in your cart.

	Too Sweet			Just Right		
	Product*	Tsp. Sugar	Cal.	Product*	Tsp. Sugar	Cal.
Breakfast	Cascadian Farm Dark Chocolate Almond Granola	3½	210	Fiber One Chocolate Flavored Cereal	1½	80
	Arnold 100% Whole Wheat Bread	1	220	Arnold Sandwich Thins	½	100
Lunch	Butterball Honey Roasted Turkey Breast	¾	60	Butterball Deli Inspirations Oven Roasted Turkey Breast	0	50
	B&G Sweet Pickles	1¾	35	B&G Kosher Baby Dill Gherkins	0	0
Snack	Snackwell's White Fudge Drizzled Caramel Popcorn	5	130	Angie's Boomchickapop Lightly Sweet Popcorn	1¼	120
	Sweet Baby Ray's Hickory & Brown Sugar Barbecue Sauce	4	70	McCormick Grill Mates Applewood Rub	¼	15
Dinner	B&M Vegetarian Baked Beans	3	160	Goya dark kidney beans	½	90
	Jiffy Corn Muffin (as prepared)	1¾	170	Bob's Red Mill Polenta Corn Grits	0	130
	Ken's Steak House French with Applewood Smoked Bacon Dressing	2¼	140	Ken's Steak House Russian Dressing	¾	140
Total	Too Sweet	23	1,195	Just Right	4¾	725

*Sugar and calorie totals based on manufacturers' serving sizes.

three ingredients.

When reading labels, be aware that total sugar on the label does not refer only to added sugar. It also includes the natural sugars, such as those found in yogurt and juice. Sugars can be as well-disguised on labels as they are in foods. Any ingredient that contains the words “syrup” or “sweetener” or any word ending in “-ose” is a tip-off that the product contains sugar.

Saturated fat Beyond its nefarious reputation for clogging our arteries, the type of fat found in marbled meats and full-fat dairy products contributes to making you look older. “Eating a lot of saturated fat induces skin-aging inflammation,” says Jane Grant-Kels, M.D., chair of dermatology at the University of Connecticut in Farmington. In addition, clogged arteries can negatively affect sexual health and cause memory problems.

Alcohol We’re not saying you need to push away the wine list forever or resign yourself to water during happy hour. In fact, many studies suggest that light to moderate drinkers have a lower risk of cardiovascular disease and can have lower rates of certain cancers, heart disease, and even cog-



Oil Is Better Than Butter

Even if you don't save on calories, ditching butter for a drizzle of olive oil is a smart move. The fat facts: Scientists put 20 people with big bellies on a diet high in either saturated fat (the kind found in butter and other animal products) or monounsaturated fat (the kind found in olive, avocado, and nut oils). Saturated fats, the researchers learned, can cause disease-promoting inflammation. Monounsaturated ones, on the other hand, help fend off diabetes and heart disease and other ills associated with abdominal flab.

Ask the **EXPERT**

Samantha B. Cassetty, M.S., R.D.
Nutrition Director, GHRI



I'm trying to eat gluten-free. How can I make this plan work?

Samantha says: You're in luck! Many of the foods that are staples of the 7 Years Younger Meal Plan—things like fresh fruits and vegetables; lean meat, poultry, and fish; eggs; nuts; beans; and low-fat dairy products—are already gluten-free. When recipes call for pasta, substitute one made with whole-grain brown rice. Quinoa, another gluten-free grain, works well in dishes that call for couscous or bulgur (be wary of quinoa pastas, though, since they're made predominantly from corn). Fortunately, it's easy to find gluten-free versions of staples like bread and crackers at chain supermarkets. One caution about them: They often contain more calories and refined grains than traditional products, so read labels carefully and adjust your portions as needed.

Keep Yourself Hydrated

Staying hydrated is the key to having clear, radiant, and plump skin cells. If you're not drinking enough water, or if you're taking in too many dehydrating caffeinated beverages, your skin can look depleted and dull. Here's a quick fix: Swap your diet sodas and iced coffees for a cup of peppermint tea, hot or cold. Its anti-inflammatory properties can do wonders for the skin, and you should start seeing its skin-brightening effects in a week or less.

There is no specific rule for the amount of water you should drink every day, especially because you will also get water from the fruits and vegetables you eat. If you keep a beverage handy at most times, though, it's more likely that you'll stay completely hydrated and feeling good.

nitive decline. But excessive alcohol consumption can have a real effect on your weight management. Drinking on an empty stomach can lead you to eat more indulgently than you would otherwise, and alcohol itself adds calories to your day while doing nothing to appease your hunger. And the calorie count might surprise you: An ounce of 80-proof alcohol contains 90 calories. In terms of specific drinks, a five-ounce Bloody Mary could contain about 120 calories, depending on how it's made; a four-ounce Cosmopolitan could be around 200 calories, while eight ounces of a frosty piña colada could set you back a whopping 650 calories.

Beyond its possibly unexpected calories, alcohol can have other side effects. If you've ever experienced that dry-mouthed desperate-for-water awakening, you'll know that alcohol is dehydrating even if you haven't had enough to produce a hangover. Alcohol consumption can take a toll on your skin, making it dry, taut, and lined. Also, as the liver metabolizes alcohol, it creates free radicals, those other enemies of firm, youthful skin. Both women and men can enjoy a drink per day on the *7 Years Younger Anti-Aging Breakthrough Diet* (once on maintenance, men can have two).

Activate Your Anti-Aging Diet Now!

1 Fill your plate with a rainbow of colors Age-reversing nutrients are found in foods that are red, orange, yellow, purple, blue, green... all hues. So eat up!

2 Avoid youth-robbing foods Sugar, alcohol, and refined-grain foods such as white bread, rice, and pasta offer no health benefits and promote the aging of skin. Avoid them, or at the very least keep them to a minimum in your diet.

3 Pick your proteins well You can make a cheat sheet of delicious lean proteins that will save you a ton of calories for next time you're at the grocery or out to dinner.

For more expert anti-aging advice, get our free special report 50 Ways to Stress Less & Live Longer at 7yearsyounger.com/stressless.