



Eating fruit and veggies can give you a prettier glow than spending time in the sun, a study published in *The Quarterly Journal of Experimental Psychology* finds. Women whose skin had brightened because of carotenoids (the pigment in most produce) were perceived as healthier and more attractive than those whose skin color was boosted by melanin (the pigment produced in response to UV rays). Consume a rainbow of fresh foods, says lead author Carmen Lefevre, Ph.D., including carrots, apples and dark leafy greens.

RADIATE HEALTH

Now that 17 states have decriminalized marijuana, pot may seem like no big deal. But a new study urges caution—especially for women. Researchers discovered that female rodents became more tolerant of the pain-relieving properties of THC (the “marijuana high” chemical) than males. Because women could need bigger doses to relieve pain (or simply feel good), says senior study author Rebecca M. Craft, Ph.D., of Washington State University, they may be more vulnerable to developing a dependence on pot.

High anxiety

PERCENTAGE OF SUPPLEMENTS CONTAINING BANNED DRUGS THAT ARE STILL FOR SALE DESPITE FDA RECALLS

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SOURCE: JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Heart disease kills more women than cancer does. These healthy indulgences can keep yours beating strong.

Show your heart some love

← *The latest trends and tips to help you feel your best this month*

HEALTH NEWS

(SELF) STARTER

GIVE IN TO YOUR SWEET TOOTH
 People who eat chocolate five or more times a week have a 57 percent lower risk of developing heart disease than those who don't indulge, a Harvard study found. Previous research suggests that dark chocolate may also improve blood pressure.

HAVE MORE SEX
 Research shows sex reduces cortisol levels. This is key, says Jennifer H. Miller, M.D., a spokeswoman for the American Heart Association, because chronically elevated cortisol raises blood pressure and destroys arterial lining.

ENJOY AN OMELET
 Sure, eggs contain cholesterol, but the amount is negligible, and eating them won't push your levels over the limit, Dr. Miller says. Plus, yolks are loaded with nutrients you need, including protein, vitamin B12 and folate.

GO WITH THE FLOW
 Yoga helps your nervous system deal with stress. In a study from India, prehypertensives who did yoga and enrolled in a behavioral modification program lowered their blood pressure more than those who only changed their habits.

FROM COCOA TO CABERNET—FUN WAYS TO GET YOUR HEARTS FILL

SWEAT, THEN SIP
 Czech researchers found that people who exercised regularly and drank wine modestly saw a drop in “bad” LDL cholesterol and a rise in “good” HDL levels. Sedentary drinkers showed only a reduction in LDL. So don't skip the gym for happy hour—hit both!



13 WAYS TO A HEALTHIER, FITTER, CALMER YOU

Feel Great Right Now!

THERE'S A LOT ABOUT GETTING OLDER THAT'S OUT OF OUR HANDS. Aches and pains show up unbidden and move in. Habits we once considered harmless begin to catch up with us. And our genes determine a great deal about what might happen with our health. But there is something we can control: making sure that we stay as healthy, fit and mentally sound as possible. Fortunately, the latest research suggests this is much easier than we'd thought. Foods such as butter and eggs are no longer villains, the best workouts for heart health and fat loss can be done in just minutes a day, and the latest brain science shows we can calm our minds on even the most stressful days. With spring here, there's no better time to launch a healthier and happier you. On the following pages we'll show you how to eat better, get started on a fitness program and employ simple strategies to meet your daily stresses with a calmer, more focused mind. No, we can't reverse aging or stop the clock—not do we want to. But we can help you embrace the years ahead in a way that will make you feel better than ever.

STEP 1

EAT CLEAN, GET LEAN,
P. 38
The best foods for people 70+

STEP 2

JUMP-START YOUR FITNESS
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A total body workout in just 15 minutes

STEP 3

FIND YOUR INNER CALM
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5 apps to instantly quiet your brain

YOUR GUIDE TO
HEALTH
AT 70+

5
KG



PHOTOGRAPHS BY TRAVIS RATHBONE

ALL STYLIST AND PREVIOUS-PAGE CREDITS ON PAGE 80

STEP 1 Eat Clean, Get Lean

Our no-diet eating plan will help you learn to love real food again. It's also the only sensible way to lose the pounds for good *By Jessica Levine*

buds to appreciate real food, instead of the sugary, fried and fat-laden fare that makes up so much of the typical American diet. To help you get started, we have outlined our own Eat Clean Rules, with smart shopping strategies, staples, plus spices and superfoods that will make you healthier and your body happier, one meal at a time.

The Eat Clean Rules

Eating for health means making better choices. Here are six simple strategies for a smarter diet.

Rule #1: Get Back to Basics

The primary tenet of clean eating is to eat more foods in their natural state: unsalted nuts, grass-fed and free-range meats, whole fruits and vegetables. It's common sense, really, but the truth is that much of what we consume today is chemically altered—"the maltodextrins and the high-fructose corn syrups outside of a factory," says Tamara Duker Freuman, a clinical dietitian based in New York. Try to swap in two more servings a day of real food and you'll be on your way to better health.

Rule #2: Think Outside the Box

Most food that comes in a box is processed in some way, which means it either adds things you don't need or strips away some of a food's essential goodness. Even foods with real ingredients can be less than ideal if they have been processed. So try to choose foods with the least amount of processing. For example, you're much better off eating a fig than a Fig Newton. The closer a food is to its original form, the better it is for you.

BY THIS STAGE OF LIFE, we've all had it with fad diets. That's not to say they don't work. Most of them do, but just for a while. We've been there, done that so many times that it's tempting to just throw up our hands and resign ourselves to living with the extra weight. But the fact is, the older we get, the more dangerous those extra pounds can be, putting every aspect of our health at risk. Don't worry: We're not prescribing another Atkins-Paleo-Scarsdale-type diet. Rather, we are suggesting a sane nutrition plan that will help your body function at peak efficiency. It's called clean eating, and it's pretty fundamental. It means opting for more of the foods we know are good for us—whole grains, fruits, vegetables, nuts and seeds, and good fats—and less of the stuff that

we know is harmful, including salt, sugar and trans fats. Begin to eat this way and you'll find that, over time, your healthy habits actually retrain your taste of them do, but just

Power Foods

Looking for great flavor and a nutritional punch? These four seasonal favorites are tops on our list.

DARK LEAFY GREENS

Kale, spinach and collard greens are packed with iron, calcium and vitamin C.

BELTS

High in fiber, magnesium and vitamin C, beets contain compounds that may reduce blood pressure.

DARK CHERRIES

This sweet fruit eases inflammation, provides relief from gout, alleviates pain and helps you sleep better.

AVOCADOS

Rich in healthy monounsaturated fat, avocados also have powerful anti-inflammatory properties.



PHOTOGRAPHS BY TRAVIS RATHBONE

do is eat every meal at home. We get that. But people who eat out frequently, whether at fast-food or full-service restaurants, consume more calories and, ironically, fewer nutrients, too, a recent study found. Conversely, people who prepare most of their own meals at home eat better and eat less—even when they eat out. Here are some easy strategies to help you enjoy the clean-eating concept at home.

> Redefine home cooking Simple is best. "Cooking is high enough in protein," Mollie Katzen, *Cookbook author* "I'm not an anti-meat vegetarian. I occasionally eat sustainably raised meat to be sure my diet is high enough in protein."

WHAT WORKS FOR ME
Mollie Katzen, *Cookbook author*
"I'm not an anti-meat vegetarian. I occasionally eat sustainably raised meat to be sure my diet is high enough in protein."

some canned beans and chopped-up vegetables; it can be a piece of grilled salmon from the prepared-food section, and you toss it on your own greens," dietitian Reuman says. **> Try one-dish meals** We were all raised on stews, so why stop now? "One-dish meals that contain a vegetable, protein and complex carbohydrate are a lifesaver," author Dudash says. "Try clean-food combos such as quinoa with chicken, carrots and snow peas, or orzo with salmon and red and green peppers. Simplify further by cleaning and chopping your vegetables in advance for a one-dish stir-fry, omelet or salad.

> Take it slow This is not your mother's Crock-Pot. The newest models of slow cookers allow you to program the time you want your food to be ready—so if you're gone longer than the six or eight hours that most recipes call for, the device won't continue to cook your food until it's unrecognizable.

> Cook once, eat for a week You did it when your kids were little, and it's still a great time-saver. "Roast

SPICE FOR LIFE

Replacing salt and sugar with nutrient-dense spices not only adds flavor—it also increases mental focus, reduces muscle pain and revs up metabolism.



Want to save 70 calories? Add cinnamon instead of cream and sugar to coffee.

multiple fillets of fish or chicken and freeze them in individual or family-size portions," says Ayla Withee, a clinical dietitian and owner of Boston Functional Nutrition. Next time you need a home-cooked meal, just add fresh vegetables and whole grains, heat and serve.

> Sub citrus for salt A splash of

acid—lemon juice, lime juice or vinegar—can reduce your need to salt foods. Plus, it provides some immune-boosting vitamin C.

> Try new tastes Go beyond your usual condiments and add a burst of flavor without calories and fat. Try sriracha, pesto, Tabasco, even low-salt soy sauce.

1. CRUSHED RED PEPPER FLAKES
Add a teaspoon or two into pasta sauce or chilli to strengthen your immune system and increase metabolism.

4. TURMERIC
A teaspoon of this golden powder in soups and curries can reduce inflammation and may even help prevent Alzheimer's.

2. GINGER
Drink ginger tea or add a tablespoon of chopped fresh ginger to stir-fries to reduce muscle pain after exercise.

5. CINNAMON
Help control blood sugar and reduce triglycerides by adding a teaspoon to oatmeal, hot cocoa, even barbecue sauces.

3. THYME
Add a couple of teaspoons of dried thyme to soups and stews to help protect against food-borne bacteria and lower blood pressure.

6. ROSEMARY
Sprinkle a tablespoon of fresh rosemary (or a teaspoon of dried) on roasted potatoes or grilled meat to boost your mental focus.—C.S.

WHAT WORKS FOR ME



Michael Pollan
Food guru

Rule #3: Check the Label

"The trick to finding clean packaged foods is to spend a little time reading the ingredients list," says Laura Geary, a dietitian in Chicago. The healthiest foods are the ones that contain the fewest ingredients. "If you can't pronounce an ingredient, you probably shouldn't eat it," says Michelle Dudash, author of *Clean Eating for Busy Families*.

Rule #4: Know the Enemy

Certain ingredients have no place in your pantry at all because they've been shown to affect cholesterol, blood pressure or blood sugar. These five should never cross your lips.

> **Trans fats** Look for "partially hydrogenated vegetable oil" and "shortening" in cookies, crackers and microwave popcorn. The by-product of hydrogenation—trans fat—raises bad (LDL) cholesterol and lowers good (HDL) cholesterol, increasing the risk for heart attack and stroke.

> **Food coloring** Take out your reading glasses and look for "blue 1," "blue 2," "citrus red 2," "green 3," "orange B," "red 3," "red 40," "yellow 5" and "yellow 6" in baked goods, cereals and condiments. Synthetic food dyes have been linked with tumors in animal studies.

> **Artificial sweeteners** Watch out for "acesulfame-K," "saccharin" and "aspartame" on any food claim- ing to be "low sugar" or "low carb." Research shows that these may overstimulate our sugar receptors, making us crave sweet foods and making naturally sweet foods—such as fruit—less palatable.

> **High-fructose corn syrup** Look for "high-fructose corn syrup," "corn sugar" and "corn sweetener" in everything from bread to salad dressing. These concentrated simple sugars cause a cascade of blood sugar and insulin spikes and drops that may have the unintended consequence of making us crave even more high-sugar, high-fat food, no matter how much we've just eaten.

> **Nitrates and nitrites** Scan smoked meat and jerky for the deceptive-ly healthy-sounding ingredients "celery powder" and "celery juice." They're undercover additives, used to preserve the red color of the meat, and are associated with ovarian and kidney cancers, according to the long-running NIAAARP Diet and Health Study.



Rule #5: Shop Smarter

The following foods offer major health benefits. What's more, because they're low in sugar and salt and high in fiber and savory flavors, a little of any of them will go a long way toward satisfying cravings.

> **Hummus** The protein in hummus keeps you full longer, and its high iron content increases energy.

> **Peppercorns** Piperine, the substance that gives black pepper its pungency, blocks the formation of new fat cells.

> **Tuna and salmon** Pouches Cold-water fish support neurological function, are anti-inflammatory and, for those with cardiovascular issues, have a mild blood-thinning effect.

> **Expeller-pressed canola oil** It's best for grilling and high-heat cooking.



YOGURT WITHOUT BORDERS

Yogurt may well be nature's most perfect food. With its mix of carbs and protein, and natural probiotics that increase the healthful bacteria in our digestive tracts, yogurt "can mean the difference between health and illness," says Katherine Tallmadge, a nutritionist-dietitian in Washington, D.C.

But while buying yogurt used to be simple—Dannon with sugary fruit at the bottom—now the dairy case is like a mini U.N. There are Greek, European, Bulgarian, even Icelandic versions. How do you choose the best?

The good news is that they all have probiotics; it's the nature of yogurt. Beyond that, though, it mostly comes down to taste.

AND THE WINNERS ARE ...

SIGGAS ICELANDIC-STYLE SIGGAS

nonfat yogurt
TASTE: Clean and super creamy
NUTRITION PER 6 OZ: 0g fat, 17g protein

TRIMONA BULGARIAN

Unstrained, sourced from grass-fed cows
TASTE: Very tangy
NUTRITION PER 6 OZ: 6g fat, 6g protein

PAGE GREEK YOGURT

Made from pasteurized skim milk
TASTE: Less creamy, more tangy
NUTRITION PER 6 OZ: 0g fat, 18g protein

BOTTOM: PHOTOGRAPH BY TRAVIS RATHBONE

FREKKAH
 Toasted young green wheat that has a nutty flavor, frekkahs made its debut in the U.S. this past fall. Kalettes are chock-full of vitamins and nutrients. Eat them raw or cooked.

KALETTES
 A hybrid of kale and brussels sprouts, this cute new veggie made its debut in the U.S. this past fall. Kalettes are chock-full of vitamins and nutrients. Eat them raw or cooked.

HEMP MILK
 Made from soaking and grinding hemp seeds in water, hemp milk is a good source of the omega-3s we need for heart and brain health. But it might not win many taste tests.

MATCHA
 A finely ground green tea powder that's rich in antioxidants, matcha increases your metabolism (but without the caffeine jitters). It can be pricey: Expect to pay \$14 to \$18 per gram.

AZUKI BEANS
 Small, dark-red beans with a distinctive white stripe on one edge, they have a slightly sweet, nutty-tasting interior. Like most beans, they're high in protein, fiber, iron, zinc and magnesium.

WHAT THE FREAKER?

THE HOT NEW HEALTH FOODS YOU'VE NEVER TASTED

Rule #6: Eat at Home
 After a lifetime of cooking for your family, the last thing you want to

beef rather than farther alternatives. **Lean meats** Buy chicken or lean cuts. **Lean meats** Buy chicken or lean cuts. **Lean meats** Buy chicken or lean cuts.

and purple berries contain resveratrol, which promotes healthy aging by reducing inflammation and blood sugar and supporting the cardiovascular system. Buy chicken or lean cuts.



When Bad Foods Turn Good

As nutrition science evolves, foods can go from the blacklist to the A-list. These three formerly banished foods are back on the table.

EGGS
 Yes, you can eat them again—even the yolks, which are full of cholesterol, an essential nutrient that may boost memory.

COCONUT OIL
 It contains medium-chain triglycerides, which support metabolism, the immune system and a healthy mind for aging adults.

BUTTER
 Butter helps aid the absorption of fat-soluble vitamins and minerals from vegetables. Pick one source from grass-fed cows for a dose of healthy omega-3 fatty acids.

> Seasonal fruits and vegetables
 Asparagus, green beans and cruciferous vegetables such as broccoli and cauliflower contain sulfur compounds that help you eliminate toxins that cause oxidative damage—the precursor to most disease. Blue and purple berries contain resveratrol, which promotes healthy aging by reducing inflammation and blood sugar and supporting the cardiovascular system.

> Quinoa and whole-grain pasta
 These can provide the basis for fast, fiber-rich meals on those evenings when you find you don't have much time to cook.

> Fermented foods Miso, sauerkraut and kimchi with live active cultures are full of probiotics, which aid digestion.

> Oats They contain bone-beneficial iron and magnesium, plus fiber, which is a prebiotic—a food that feeds the good bacteria in your gut.

> Chia seeds Add these super seeds to smoothies and salads for a dose of healthy fats, fiber and protein.

> Garlic powder Nearly as beneficial as fresh garlic, the powdered form strengthens the immune system, reduces cholesterol and fights cancer.

> Sprouted-grain bread This chewy bread can provide more vitamin C and other nutrients than loaves made with flour. Always choose whole-grain bread over white.

> Gelatin Rich in amino acids—particularly glycine, which supports skin, hair, nail, joint and gut health—unflavored gelatin can thicken soups and sauces.