

Age-Buster Food Plan

AGE-BUSTER TARGET

Rules for the Age-Buster Food Plan

Post the Age-Buster Target in your kitchen. It groups veggies, fruits, and juices in three levels of Anti-Aging Points based on average antioxidant power: Blue Zone—200 points; Green Zone—500 points; Red Zone—1,200 points. To achieve 5,000 Anti-Aging Points a day and help slow your aging clock, follow these guidelines:

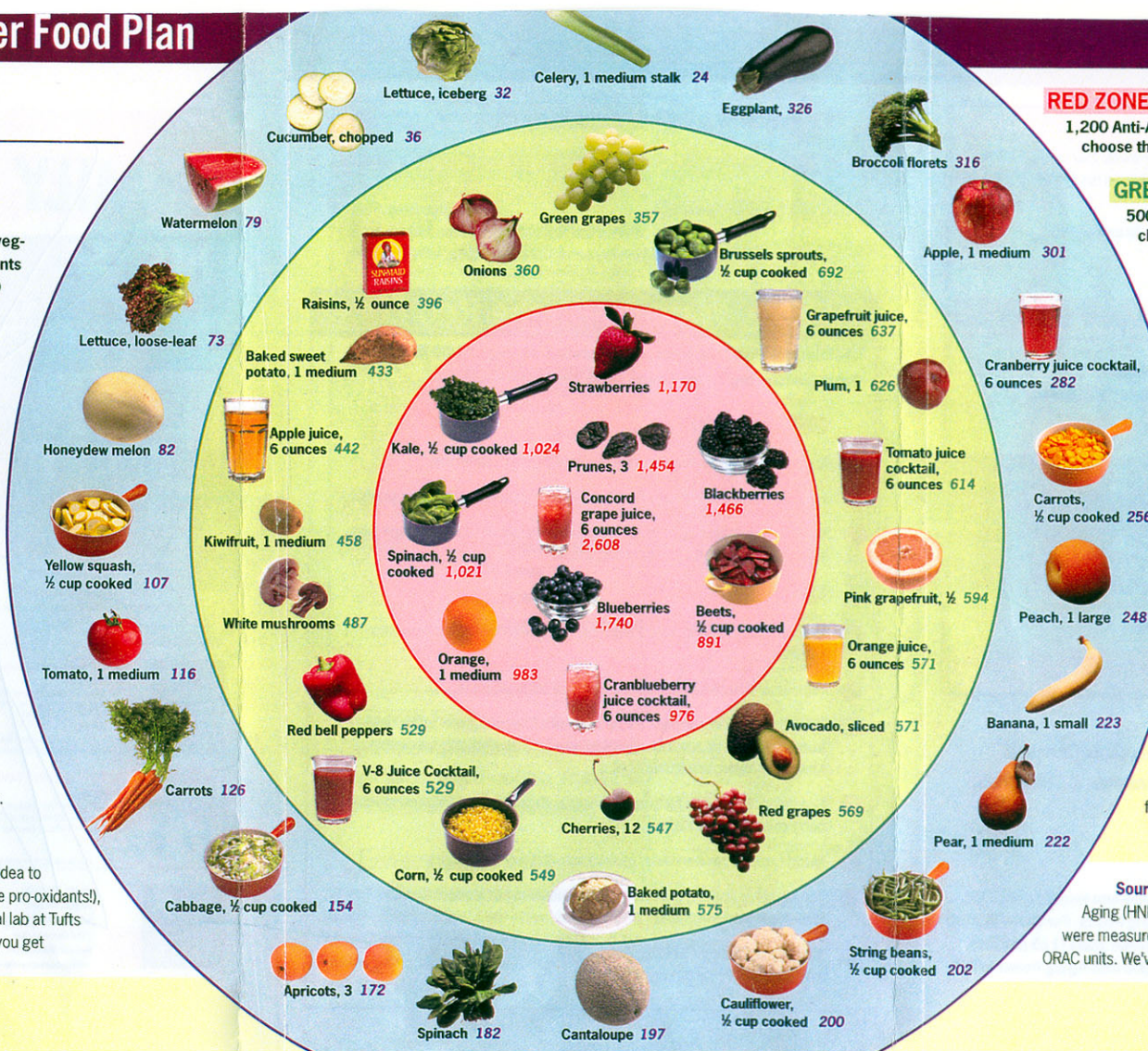
1. Aim for red, green, and blue. Eat three servings a day of foods from the Red Zone, three from the Green Zone, and three from the Blue Zone. You'll automatically average more than 5,000 Anti-Aging Points.

2. Think nine a day. Yes, we are asking you to eat five servings of vegetables and four servings of fruits a day, quite a bit above the old five-a-day total. But the newest thinking is that you get the most benefits at this higher level. (See sample menu on reverse.)

3. Cover all the zones. It's critical to eat and drink from all three zones, not just the superhigh Red Zone. Foods lower in antioxidants are often rich in key nutrients that are hard to get elsewhere—such as tomatoes, which are high in cancer-fighting lycopene.

4. Hold the grease. Make the rest of your diet low in fat. A high-fat diet can generate extra free radicals.

Can you score too many points? While it's not a good idea to overdo antioxidants in supplement form (they could become pro-oxidants!), Ronald Prior, PhD, chief of the USDA-HNRCA phytochemical lab at Tufts University in Boston, says that overdosing is unlikely when you get your antioxidants from foods.



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AGE-BUSTER MENU

Here's a sample day's worth of low-fat Age-Buster meals that contains three servings from each of the Red, Green, and Blue Zones on the Age-Buster Target.

BREAKFAST $\frac{1}{2}$ cup frozen blueberries on bran cereal,
with 1% milk
6 ounces of orange juice

10:30 AM 1 small banana

LUNCH Sandwich on whole wheat bread
3 thick tomato slices, reduced-fat cheese,
and mustard
 $\frac{1}{2}$ cup baby carrots
1 cup 1% milk

3:30 PM 1 baked sweet potato

DINNER $\frac{1}{2}$ cup brussels sprouts
 $\frac{1}{2}$ cup beets
1 cup brown rice
1 barbecued chicken breast

9 PM $\frac{1}{2}$ cup strawberries with 1 cup low-fat yogurt

NUTRITION FACT:

To get the antioxidant power in 6 ounces of Concord grape juice, you'd need to eat 12 bananas, 11 peaches, or 41 cups of iceberg lettuce.

Emergency Rescue

All you've had all day was an apple and a lettuce-and-tomato salad. Oh, yeah—a banana too. Only about 800 Anti-Aging Points. For times like this, keep Concord grape juice in the fridge. A 6-ounce glass (115 calories) before bed gives you a blast of more than 2,600 Anti-Aging Points to fight free radicals all night long.

“People with a high antioxidant intake do appear to be biologically younger than people with a low antioxidant intake.”

—Jeffrey Blumberg, PhD,
chief of the Antioxidants Research Laboratory,
USDA Human Nutrition Research Center on Aging, Tufts University

10 Easy Ways to Hit the Red Zone

The fabulous Red Zone fruits and vegetables average 1,200 Anti-Aging Points per serving! Here's how to enjoy them effortlessly.

OUT AND ABOUT

- 1 At salad bars, never pass up spinach, beets, or strawberries.
- 2 In restaurants, if there's any Red Zone fruit or veggie on the menu, pounce.
- 3 Stash a resealable bag of prunes or a 6-ounce can of Concord grape juice in your desk or car for a stay-young snack.

AT HOME

- 4 Perk up tossed salads with orange sections, blueberries, strawberries, or beets.
- 5 Microwave frozen spinach as a topping for take-out pizza.
- 6 Make the world's healthiest Purple Cow with Concord grape juice, vanilla frozen yogurt, and a splash of ginger ale. Tip: Not all grape juice uses Concord grapes; check the label.
- 7 Use spinach instead of lettuce in tossed salads. Buy bags of prewashed baby spinach to save time.
- 8 Blend frozen strawberries or blueberries into your smoothies.
- 9 Top cereal or lemon yogurt with blueberries. Frozen blueberries work fine—they thaw in no time.
- 10 Mix a Young Forever Spritzer with $\frac{1}{2}$ cup Concord grape juice, $\frac{1}{2}$ cup sparkling water, ice, and a dash of lime.