



The Primary Health Awareness Trust

Foods That Add Years to Your Life

1. Leafy Greens - Spinach, kale, and swiss chard are rich in antioxidants, vitamins, and fiber.
2. Berries - Blueberries, strawberries, and blackberries support brain health and reduce inflammation.
3. Fatty Fish - Salmon, sardines, and mackerel are packed with omega-3s for heart and brain health.
4. Nuts - Almonds, walnuts, and pistachios help lower cholesterol and improve longevity.
5. Whole Grains - Oats, quinoa, and brown rice stabilize blood sugar and support digestive health.
6. Olive Oil - A key ingredient in the Mediterranean diet known to reduce heart disease risk.
7. Legumes - Beans, lentils, and chickpeas are loaded with plant-based protein and fiber.
8. Cruciferous Vegetables - Broccoli, cauliflower, and Brussels sprouts help detox the body.
9. Green Tea - Rich in antioxidants that support metabolism and reduce cancer risk.
10. Dark Chocolate (in moderation) - High in antioxidants and may improve blood flow.
11. Avocados - Full of healthy fats that support skin, heart, and joint health.
12. Tomatoes - Loaded with lycopene, which supports prostate and heart health.
13. Garlic - Known to boost immunity and lower blood pressure naturally.
14. Apples - High in fiber and antioxidants; great for digestion and heart health.
15. Turmeric - Contains curcumin, a powerful anti-inflammatory compound linked to longevity.