

Anti-Aging Diet

1. Vitamin A
 - helps with vision, turning on the genetic code, improving immune function
 - 2/3 cup carrot = 93% of recommended daily value
2. Vitamin C
 - essential for skin tissue repair, building collagen, creating neurotransmitters, fighting oxidation and inflammation, building the immune system (found in red, orange, yellow fruit or vegetables)
 - 1 cup tomatoes or 1 handful of cherry tomatoes a day
3. Vitamin D
 - Sex hormone
 - Supplement with 800-2000 IU a day, or 2000 IU if post-menopausal
4. Vitamin E
 - fat soluble anti-oxidant that protects the cell membranes from oxidative damage
 - ¼ avocado, or drizzle of olive oil
5. B vitamins, Biotin, Folic Acid
 - maintain a healthy heart, aids in reproduction of DNA, RNA, and red blood cells, associated with skin hair and health (found in whole grains, nuts, avocado, eggs)
 - One egg a week
6. Trace Minerals- iron, zinc, selenium, and calcium
 - One Brazil Nut a day
7. Collagen Peptides (get di-peptides, tri-peptides)
 - Collagen Powder, Collagen Supplements (Marine Collagen is best)
8. Adaptogens- powerful antioxidants that protect photoaging, nail and hair health
 - Horsetail, ALA, Nettle Leaf, Milk Thistle (supplements)

Summary

1. 2/3 cup carrots/ day
2. Handful of cherry tomatoes/ day
3. ¼ Avocado/ day
4. One Brazil Nut/ day
5. One egg/week
6. Supplement with Vitamin D, Collagen, and Adaptogens of choice