



58

HARLEY STREET

EXCELLENCE IN HEALTH SINCE 1992

# Foods to Keep You Young and Healthy After 40

A Practical Guide

Dr. Milton Maltz MD M.Phil

[harleystreetphysicians.co.uk](http://harleystreetphysicians.co.uk)



**Cut out processed foods:** Refrain from eating foods with refined or hidden sugar, salt and bad fats. These normally pre-packed foods are addictive and are consistently linked to poor ageing outcomes due to their effects on inflammation, metabolism and nutrient intake.



**Include nuts in your diet:** Eating 2 Brazil nuts daily provides your recommended daily intake of selenium. Selenium plays a key role in healthy ageing through its functions in antioxidant defence, immune regulation and thyroid health. Pistachios also contain anti-inflammatory properties that may strengthen the skin.



**Add herbs to your cooking:** Dried herbs in particular are antioxidant, alkalising and anti-inflammatory. They also provide support for heart, brain and digestive health.



**Drink lemon and water:** Squeeze the juice of a whole lemon into 500 ml warm water and drink every morning. This detoxes your body by removing the toxins released at night. You should aim to drink around 2 litres of fluid every day.



**Eat raw vegetables:** Boost your diet with alkaline vegetables and seeds. They are anti-inflammatory and help to prevent degenerative diseases. Aim to eat around 40% of your food raw, such as in salads or juices.



**Hydration is often overlooked but is essential for skin integrity, cognitive performance, and physical function. Regular fluid intake (primarily water) should be maintained throughout the day.**

The strongest evidence suggests that following a balanced, minimally-processed dietary pattern is the best way to maintain good health, rather than seeking individual 'anti-ageing' foods.