

# AGE WELL PROJECT

## Eating well to age well

18 Nov 2021

### Resources

The Age-Well Project

Website: <https://agewellproject.com>

Instagram: [@agewellproject](https://www.instagram.com/agewellproject)

Facebook: [@theagewellproject](https://www.facebook.com/theagewellproject)

Susan Saunders Health

Website: <https://susansaundershealth.com>

Instagram and Facebook: [@susansaundershealth](https://www.instagram.com/susansaundershealth)

### Books

[\*The Age-Well Project\*](#) Easy Ways to Live a Longer, Healthier, Happier Life

[\*The Age-Well Plan\*](#) The 6-week Programme to Kickstart a Longer, Healthier, Happier Life

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### Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advise on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

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This session is all about:

### **My 2nd Rule for Ageing Well – Eating Well to Age Well**

So tonight I will:

1. Give you a very simple understanding of the key elements of eating to age well - it's all very easy!
2. I've got five key actions to follow to keep you on track with your diet – and I'll talk about the science behind each one as we go.

## Why Is Good Nutrition So Important As We Age?

### Quiz: What Are You Eating Now?

We're going to start with a quiz – 10 questions.

These questions are based on the Mediterranean Diet Adherence Screener, which was given to us by Professor Anne-Marie Miniñane from the University of East Anglia when we interviewed her for *The Age-Well Project*, and is widely used to assess dietary quality.

I've tweaked it to include longevity-specific research to help you build your own age-well diet plan. There's no ideal starting point, so don't worry if you answer no to every question. The important thing, as always, is that you're starting now.

1. Do you use olive oil as your main culinary fat?
2. Do you consume at least five 80g portions of vegetables each day?
3. Do you eat fewer than seven portions of meat each week?
4. Do you drink seven or fewer units of alcohol each week?
5. Do you eat at least three portions of beans/pulses each week?
6. Do you eat at least two portions of oily fish each week?
7. Do you consume commercially-made sweets, cakes or ice cream fewer than three times a week?
8. Do you eat at least two 30g servings of nuts each week?
9. Do you eat at least 25g of fibre each day?
10. Do you fast overnight for 12-14 hours?

### Why Those Questions Are Important – My Top 5 Dietary Lessons for Ageing Well:

#### **1. Follow the Mediterranean diet.**

Research papers referenced here:

**Mediterranean diet and telomere length in Nurses' Health Study: population based cohort study**

Click the link to read the full article at:

<https://www.bmj.com/content/349/bmj.g6674>

**Mediterranean diet and mortality in the elderly: a prospective cohort study and a meta-analysis**

Click the link to read the full article at:

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/mediterranean-diet-and-mortality-in-the-elderly-a-prospective-cohort-study-and-a-metaanalysis/F2D6B083AA187849477112DB77820521>

**Nutrient biomarker patterns, cognitive function, and fMRI measures of network efficiency in the aging brain**

Click the link to read the full article at:

<https://www.sciencedirect.com/science/article/abs/pii/S1053811918321517?via%3Dihub>

**Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of *Ad Libitum* Food Intake**

Click the link to read the full article at:

[https://www.cell.com/cell-metabolism/fulltext/S1550-4131\(19\)30248-7?returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1550413119302487%3Fshowall%3Dtrue](https://www.cell.com/cell-metabolism/fulltext/S1550-4131(19)30248-7?returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1550413119302487%3Fshowall%3Dtrue)

**Ultra-processed food intake and risk of cardiovascular disease: prospective cohort study**

Click the link to read the full article at:

<https://www.bmj.com/content/365/bmj.l1451>

**Impact of ultra-processed foods on health and longevity**

Click the link to read the full article at:

<https://www.bmj.com/content/365/bmj.l1949>

**Ultra-processed Food Consumption and Risk of Type 2 Diabetes**

Click the link to read the full article at:

[https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2757497?guestAccessKey=0dd02341-f701-48a5-8d97-18b1173f7d9d&utm\\_source=For The Media&utm\\_medium=referral&utm\\_campaign=ftm\\_links&utm\\_content=tfl&utm\\_term=121619](https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2757497?guestAccessKey=0dd02341-f701-48a5-8d97-18b1173f7d9d&utm_source=For%20The%20Media&utm_medium=referral&utm_campaign=ftm_links&utm_content=tfl&utm_term=121619)

## **2. Pick Up Plants**

**Research on Quercetin**

Click the link to read the full article at:

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4808895/#\\_ffn\\_sectitle](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4808895/#_ffn_sectitle)

### **3. Make It Fast**

#### **Fasting, Circadian Rhythms, and Time-Restricted Feeding in Healthy Lifespan**

Click the link to read the full article at:

[https://www.cell.com/cell-metabolism/fulltext/S1550-4131\(16\)30250-9?returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1550413116302509%3Fshowall%3Dtrue](https://www.cell.com/cell-metabolism/fulltext/S1550-4131(16)30250-9?returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1550413116302509%3Fshowall%3Dtrue)

### **4. Be Good to Your Gut**

#### **Gut health and inflamm-ageing**

Click the link to read the full article at:

<https://www.ncbi.nlm.nih.gov/pubmed/23079287>

### **5. Fat Is Our Age Well Friend**

#### **Olive oil and autophagy**

Click the link to read the full article at:

<https://www.ncbi.nlm.nih.gov/pubmed/?term=olive+oil+Domenico+Praticò+autophagy>

#### **Evaluation of Chemical and Physical Changes in Different Commercial Oils during Heating**

Click the link to read the full article at:

<https://www.actascientific.com/ASNH/pdf/ASNH-02-0083.pdf>

#### **Omega-3s and all-cause mortality**

Click the link to read the full article at:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4910132/>