

养生季：助你延年益寿的 8 种 “超级食物”

Eat these foods to live a long life, experts say

秋季是最适合养生的季节，在这里向你推荐 8 种 “长寿食物”，快快收藏起来吧！



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1. Greens 绿色蔬菜

Greens such as spinach, kale, collard greens, chard, etc. are a nutrient-dense food. They are rich in vitamins and antioxidants that can reduce oxidative stress. Research has shown that consuming at least one serving of greens a day resulted in slower cognitive decline.

菠菜、羽衣甘蓝、芥蓝菜、甜菜等绿叶蔬菜都是营养丰富的食物。这些富含维生素和抗氧化物的绿色蔬菜可以降低氧化压力。研究表明，每天至少吃一份绿色蔬菜可以减缓认知衰退速度。

2. Berries 浆果

Start your day with some blueberries or raspberries atop your oatmeal or slip them into smoothies. Berries like blueberries, raspberries, and blackberries are filled with ‘anthocyanins’ which are responsible for the red, blue, and purple colors found in berries. Some research points to anthocyanins as a potential source of anti-aging agents.

吃早餐时可以在燕麦粥或奶昔上加一点蓝莓或树莓。蓝莓、树莓和黑莓等浆果富含花色素苷，这种色素让浆果呈现出红、蓝、紫色。一些研究指出，花色素苷是抗老化物质的来源。

3. Sardines, anchovies and salmon 沙丁鱼、凤尾鱼、三文鱼

These fatty fish is particularly great for those over 50. They are excellent sources of omega-3 fatty acids, which have anti-inflammatory properties and can protect from diseases such as arthritis and heart disease.

50 岁以上的人吃这些高脂肪鱼特别有益健康。它们是欧米伽-3 脂肪酸的绝佳来源，具有抗炎作用，可以预防关节炎和心脏病等疾病。

4. Cauliflower 花椰菜

Cauliflower is low in calories while being high in important nutrients like vitamin C, folate, and fiber. Cauliflower also contains a type of plant pigment called anthoxanthins, which have anti-inflammatory effects in the body. Reducing inflammation helps protect the cells in our body from damage and can contribute to longevity.

花椰菜的热量低，同时富含维生素 C、叶酸和纤维等重要营养元素。花椰菜还含有一种名为花黄素的植物色素，具有抗炎作用。减少炎症有助于保护人体细胞不受伤害，从而能够延年益寿。

5. Tomatoes 西红柿

Tomatoes are a source of the antioxidant lycopene, which not only can protect from certain types of cancer but is a carotenoid that can protect the skin from sun damage. Tomatoes are also a great source of potassium, which plays a role in controlling blood pressure.

西红柿含有能够抗氧化的番茄红素，番茄红素不仅能预防某些癌症，而且也是一种类胡萝卜素，能够保护皮肤不被晒伤。西红柿还富含钾，而钾有助于控制血压。

6. Herbal teas 花草茶

Drink herbal teas such as sage, fennel and oregano every day. Consumption of herbal teas that are rich in antioxidants and polyphenols are associated with longevity.

每天可以喝一些花草茶，比如鼠尾草茶、茴香茶和牛至茶。饮用富含抗氧化物质和多酚的花草茶可以延年益寿。

7. Dark Chocolate 黑巧克力

Polyphenols found in dark chocolate have been found to lower signs of inflammation and are especially helpful in protecting blood vessels from damage as you age. Make sure to consume dark chocolate with a high percentage of cacao (70% or higher) in order to gain the most anti-inflammatory benefits.

黑巧克力中含有的多酚可以减少炎症，特别有助于保护血管不受老化损伤。不过一定要吃可可含量高于 70% 的黑巧克力，才能获得最好的抗炎效果。

8. Legumes 豆类

Legumes like beans and lentils are a great addition to the diet because they are packed with satiating protein and fiber. For example, one cup of boiled lentils packs in 18 grams of protein and 15 grams of fiber. They are also loaded with a class of nutrients called flavonoids. Recent research has proven these flavonoids to be helping in maintaining our brain health long-term.

菜豆、扁豆等豆类是对膳食很好的补充，因为豆类富含让人产生饱足感的蛋白质和纤维。举例来说，一杯煮扁豆含有 18 克蛋白质和 15 克纤维。豆类还富含黄酮类营养物质。最近的研究证实，黄酮类物质有助于保持大脑长期健康。