- Food—fiber content / Ageing

Nutrition

BETTER HEALTH, MORE ENERGY AND USEFUL, EXPERT-APPROVED ADVICE ON A PLATE



RIPE OLD AGE

Eating foods that are rich in high-quality carbohydrates and dietary fibre in midlife could help you age well, according to a study published in JAMA Network Open. When the diets of 47,000 women were analysed over more than 30 years, those who ate more dietary fibre and high-quality carbs from wholegrains, fruits, vegetables and legumes were up to 37 per cent more likely to have good physical and mental health in their later years. Conversely, a high intake of refined carbohydrates and starchy vegetables was associated with 13 per cent lower odds of healthy ageing. So, swap chips and biscuits for grainy bread and fruit salad – your old lady self will thank you!

VIVIAN SABRINA ROGERS-ANDERSON PHOTOGRAPHY/ISTOCK