

YOUR DIET AFTER 40

A Complete Diet Plan Book



Introduction



- Slower metabolism, increased weight, fatigue, difficulty in losing weight, higher risk of chronic diseases are few of the changes your body encounters as it turns 40. As soon as you hit your 40's your body does not allow you to consume the same calories as you did in your 20's and 30's. Your margin for unhealthy food choices becomes very less. There is less room for a bad diet. The risk of heart diseases, cancer, diabetes, blood pressure and cholesterol problems, increases after 40. So, making better diet choices after the age of 40 might help you fight off diseases and improve the quality of life as you get older.
- **This book will cover various aspects of how your diet should be after 40 and educate you about :**
 - 1. Your meal plan after 40**
 - 2. Must have foods for a young & healthy heart after 40**
 - 3. Choices to be avoided**

Meal Plan After 40



— It becomes quite difficult to combat chronic diseases, slower metabolism, and keeping body fat at bay as we age. But good and nutritional food choices will keep you healthy and in shape even after your 40's. So here we give you the meal plan and types of food that can help you avoid the health issues most likely to strike during your 40s and beyond.

01

ENERGIZE WITH A GOOD BREAKFAST

Grains are the best option when it comes to a healthy breakfast. According to the Academy of Nutrition and Dietetics, the fiber in whole grains may help lower your risk of colon and prostate cancer. Oatmeal or a whole wheat toast or bread topped with fruits and nuts is a perfect meal to start your day. It can help curb that mid-morning hunger that leads you to grab something unhealthy on-the-go or overeat at lunch.

02 FILL PLATE WITH FRUITS & VEGGIES

Low in calories and rich in nutrients, fruits and vegetables are the ones you should fill half your plate with. They are low in fat and make you feel satisfied even if you eat less. Having salad with your lunch and dinner is a good way to load your meal with vegetables. Fresh fruits, like apples and berries, are also great in place of high-fat or high-sugar snacks.

03 HAVE MORE OF NUTS

Nuts are a good source of healthy fatty acids that can lower your risk for diabetes as you age. Walnuts and almonds are the ones you should have to meet your daily requirements of fatty acids. Most other nuts and seeds are also good sources of these healthy fatty acids.

04 USE TURMERIC

The healthy benefits of this yellow powder are known to each and every individual. Good thing, you can easily reap its benefits by sprinkling turmeric into practically anything. To enhance its effects, pair turmeric with black pepper as the latter activates the former's bioavailability.

05 SWEETEN IT WITH HONEY

Sweetening your dishes with a natural source like honey is far much better option than the processed sugars. Honey contains minerals like copper, iron, magnesium, manganese, phosphorus, potassium, sodium, and zinc that help boost your immune system and overall well-being.

06

USE OLIVE OIL

The heart-healthy oil helps unlock the nutritional benefits of fat-soluble vitamins' (vitamins A, D, E, and K, which are found in many veggies like salad greens). Olive oil is also linked to reducing weight circumference and preventing heart disease, giving you the green light to dress that spinach salad. Olive oils also are good source of healthy polyunsaturated fatty acids— he ones that Harvard study linked with lower rates of diabetes.



Foods For A Young & Healthy Heart



— Keeping your heart healthy after turning 40 should be one of your top priorities when it comes to being fit and healthy. The risk of heart diseases increase after you turn 40. So, feeding your heart with good healthy options should be your prime concern and here's the list:

01

ALMOND-FLOUR SUBSTITUTES

These healthy substitutes have fewer carbs, more healthy fats and a touch of protein. So these almond flour substitutes are more healthier options when it comes to keeping your heart young.

02

AVOCADOS

This fatty fruit has healthy monounsaturated fats that can help lower LDL cholesterol (the bad fat that clogs arteries). Plus, they've been shown to reduce inflammation in the arteries and are pleasant to tastebuds.

03

BLACK BEANS

These beans are rich in nutrients like Vitamin B , Magnesium, fiber & Pottasium. According to a study in the Journal of Nutrition, people who get a three-ounce (or more) serving per day of black beans saw their risk of heart attack decrease by nearly 40 percent.

04

FLAX SEEDS

Flaxseeds increases the HDL Cholesterol levels (a good, heart-enforcing kind). Just one serving can benefit your heart to a good extent as its one serving contains 3 grams of appetite-sating fiber.

05

GREEK YOGURT

According to the American Heart Association, individuals who get merely 2 percent of their total calorie intake from yogurt reduce their risk of developing hypertension by 31 percent. It also has additional benefits of higher energy levels and stronger muscle functions.



Choices You Should Stay Away From



01

SAY NO TO SUGARS

Not only these increase weight but there are also other evil sides of sugar. Having too much of sweets can accelerate the aging process in innumerable ways. Whether it is in ice cream or in a chocolate bar, these processed sugars bring with them major health problems.

02

CUT BACK ON ALCOHOL

These healthy substitutes have fewer carbs, more healthy fats and a touch of protein. So these almond flour substitutes are more healthier options when it comes to keeping your heart young.

03

AVOID SODA

Your sugar sweetened soft drinks and energy drinks have lots of added sugar which makes you increase weight and also increases the risk of Diabetes. These drinks also deteriorate your overall health and well-being.

04

CUT OUT ON SALT

Too much salt in the diet negatively impacts blood pressure because it causes the body to retain water. It is this extra water that raises blood pressure. This in turn strains the heart, kidneys, arteries and the brain.





As you age your body undergoes changes and to accommodate these changes you need to introduce some modifications in your dietary habits as well. The modifications and adjustments listed above will help you stay fit and healthy even after you hit your 40's. What is important to know is the requirements of your body as it hits 40 and plan accordingly .

▶ **THE BODY IS THE TEMPLE & YOU ARE ITS PRIEST** ▶



We hope that the above information prove useful in guiding you about the diet plan you should include after you turn 40. It's these changes that help you lead a happy and healthy life as you age. These little efforts have the potential to make huge difference.

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