# Foods that may help slow down the ageing process, says expert



A New York City-based longevity specialist, Dr Michael Aziz, has proposed a list of ten foods he believes could help slow down the ageing process. In a discussion about nutrition and its impact on health, Dr Aziz pointed out that many of these beneficial items may already be staples in people's pantries. The recommendations stem from a focus on the nutritional properties of the foods, particularly their antioxidant capabilities which are said to protect DNA, alongside vitamins that support brain health.

The importance of a balanced diet in maintaining overall health is well established. Health organisations advocate for a varied diet that includes a range of food groups such as fruits, vegetables, proteins, fats, and dairy or dairy alternatives to promote optimal health. Dr Aziz asserts that not only do our food choices influence our general health but they may also accelerate or decelerate the ageing process.

In his recommendations, Dr Aziz mentions several food items:

**Berries**: Known for their high antioxidant content, berries are suggested to aid in DNA protection and slow down cellular ageing.

**Wild-caught fish**: These fish are noted for being rich in omega-3 fatty acids, which are beneficial for brain health, inflammation reduction, and lowering heart disease risk.

**Eggs**: Cited as a longevity staple, eggs contain B vitamins and healthy fats that enhance brain function.

**Fermented foods**: Items like kimchi, yoghurt, and kefir, recognised for their positive impact on gut health and immunity.

**Avocados and nuts**: According to Dr Aziz, these foods provide essential healthy fats that support both heart and brain functions.

**Cruciferous vegetables**: Vegetables such as broccoli, kale, and cauliflower are said to assist the body in detoxification and reducing inflammation.

**Green tomatoes and sweet potatoes**: These foods are described as being rich in beneficial plant compounds promoting cellular health.

**Dark chocolate**: Recommended for its potential benefits for heart health and brain function, with a preference for varieties containing at least 70 per cent cocoa.

**Whole grains and beans**: Essential for the regulation of blood sugar levels and metabolic support.

**Extra virgin olive oil and grass-fed butter**: Labeled by Dr Aziz as “nature’s best anti-inflammatory fats,” these options are promoted for their role in healthy ageing.

Additionally, he mentions the health benefits associated with **bone broth and mushrooms**, as they are rich in collagen and other nutrients that enhance the immune system. Tea, particularly varieties like green tea, matcha, and jiaogulan, is also highlighted for its abilities to improve metabolism and prolong lifespan.

Dr Michael Aziz is also known for his book, *The Ageless Revolution: 10 Hallmarks of Aging That Hold the Secret to Defeating Disease, Reversing Age, and Living Longer*. In this work, he advocates for a "simple, sustainable" approach to ageing that leverages everyday foods to slow down the ageing process, boost vitality, and prevent disease.

This information underscores the relationship between diet and health as highlighted by Dr Aziz, emphasising a holistic view of nutrition and its profound effects on longevity.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.charava.co.uk/blogs/charava-uk-blog/dr-michael-aziz-longevity-supplements-guide> - This URL supports Dr. Michael Aziz's focus on longevity and his advocacy for certain foods and supplements that can aid in slowing down the ageing process. It highlights his expertise in the field of longevity.
* <https://www.lifeextension.com/magazine/2025/3/ageless-revolution-with-michael-aziz> - This URL provides insights into Dr. Aziz's book, The Ageless Revolution, which emphasizes the role of diet and lifestyle in combating the hallmarks of aging. It aligns with his recommendations for using food and supplements to promote longevity.
* <https://www.michaelazizmd.com> - This is Dr. Michael Aziz's official website, offering information on his practice and approach to health and longevity. It supports the claim that he is a New York City-based longevity specialist who advocates for holistic approaches to health.
* <https://www.healthline.com/nutrition/antioxidant-rich-foods> - While not directly featuring Dr. Aziz, this URL provides general information on antioxidant-rich foods like berries and other fruits and vegetables, which are recommended for their potential to protect DNA and slow cellular aging.
* <https://www.health.harvard.edu/staying-healthy/blue-zones-lessons-for-living-longer> - This URL discusses the Blue Zones, areas known for high longevity, which Dr. Aziz often references as examples of healthy lifestyles. It supports his emphasis on diet and lifestyle in promoting longevity.