



New Study Reveals Diet that Slows Aging

Description

Energy Vitality Human Health Lifespan

Researchers at UC San Francisco have found that diets rich in essential nutrients and low in added sugars can help reduce cellular aging as indicated by "epigenetic clock" measurements. Conversely, a high intake of sugar can accelerate biological aging, emphasizing the significance of a nutrient-dense diet for longevity.

A Study on Diet and Cellular Aging

A recent study conducted by researchers at UC San Francisco revealed a strong correlation between following a diet rich in essential nutrients and low in added sugars with maintaining a younger biological age at the cellular level.

The study examined how different dietary habits impact an "epigenetic clock," a biochemical assessment tool that offers insight into both health and lifespan. Results showed that individuals with healthier eating habits displayed a more youthful cellular appearance. Notably, for each gram of added sugar consumed, there was a corresponding increase in epigenetic age, highlighting the detrimental effects of sugar consumption on cellular longevity.

The Importance of Nutrient-Rich Diets

Lead author Dr. Dorothy Chiu emphasized the importance of antioxidant and anti-inflammatory nutrients found in nutrient-rich diets, particularly those resembling the Mediterranean diet. She stated that adhering to such dietary recommendations could potentially slow down cellular aging compared to chronological age.

Furthermore, the study showcased the adverse effects of added sugar on epigenetic aging, shedding light on why excessive sugar intake can compromise overall health and longevity.

This groundbreaking research underscores the value of prioritizing foods high in essential nutrients while limiting added sugars, offering a new perspective on promoting healthy aging through dietary choices.

Vocabulary List:

1. **Correlation** /ˌkɔːrəˈleɪʃən/ (noun): A mutual relationship or connection between two or more things.
2. **Nutrients** /ˈnjuː.tri.ənts/ (noun): Substances used by living organisms to sustain growth repair and vital processes.
3. **Biochemical** /ˌbaɪ.oʊˈkɛmɪkəl/ (adjective): Relating to the chemical processes and substances that occur within living organisms.
4. **Adverse** /ædˈvɜːrs/ (adjective): Preventing success or development; harmful or unfavorable.
5. **Longevity** /lɒnˈdʒɛvɪti/ (noun): Long life or existence; durability.



6. **Antioxidant** /,æ.n.ti'ɒk.sɪ.dənt/ (noun): A substance that inhibits oxidation and combats free radicals in the body.

Comprehension Questions

Multiple Choice

1. What did the researchers at UC San Francisco find about diets rich in essential nutrients and low in added sugars?
Option: They can accelerate biological aging
Option: They have no impact on cellular aging
Option: They can help reduce cellular aging
Option: They only affect chronological age
2. What is the significance of a nutrient-dense diet for longevity according to the study?
Option: It has no impact on longevity
Option: It can accelerate cellular aging
Option: It can reduce cellular aging
Option: It only affects chronological age
3. What is the impact of added sugar consumption on epigenetic age according to the study?
Option: It has no impact
Option: It decreases epigenetic age
Option: It increases epigenetic age
Option: It reverses cellular aging
4. Which nutrients did Dr. Dorothy Chiu emphasize the importance of in nutrient-rich diets?
Option: Proteins and carbohydrates
Option: Fats and sugars
Option: Antioxidant and anti-inflammatory nutrients
Option: Vitamins and minerals
5. What kind of dietary recommendations did Dr. Dorothy Chiu suggest could potentially slow down cellular aging?
Option: Low-carb high-fat diet
Option: Mediterranean diet
Option: Paleo diet



Option: Vegan diet

6. What does the groundbreaking research emphasize for promoting healthy aging?

Option: Exercising daily

Option: Limiting exposure to sunlight

Option: Prioritizing foods high in essential nutrients while limiting added sugars

Option: Strict fasting diets

Answer

Multiple Choice: 1. They can help reduce cellular aging 2. It can reduce cellular aging 3. It increases epigenetic age 4. Antioxidant and anti-inflammatory nutrients 5. Mediterranean diet 6. Prioritizing foods high in essential nutrients while limiting added sugars

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What term describes significant changes or modifications?

Option: A) Alterations

Option: B) Phenomenon

Option: C) Biomarkers

Option: D) Toxicity

2. Which word means examined or inspected closely?

Option: A) Surge

Option: B) Endorsement

Option: C) Scrutinized

Option: D) Antioxidant

3. What term means to maintain or prolong something?

Option: A) Judiciously

Option: B) Perpetuate

Option: C) Complications

Option: D) Adverse

4. Which word relates to drugs or medications?

Option: A) Nutrients

Option: B) Medicaid

Option: C) Disparities



Option: D) Pharmaceutical

5. What term refers to a long duration or lifespan?

Option: A) Expenditures

Option: B) Longevity

Option: C) Antioxidant

Option: D) Eligibility

6. Which term describes introducing new ideas or methods?

Option: A) Tolerability

Option: B) Innovative

Option: C) Beneficiaries

Option: D) Fractures

7. Which term describes the period after menopause in women?

Option: A) Osteoporosis

Option: B) Postmenopausal

Option: C) Anticipated

Option: D) Toxicity

8. What term refers to the state of meeting the criteria or qualifications?

Option: A) Surged

Option: B) Eligibility

Option: C) Nutrients

Option: D) Complications

9. Which word describes differences or inequalities?

Option: A) Judiciously

Option: B) Disparities

Option: C) Biochemical

Option: D) Alterations

10. What term describes breaks or cracks in bones?

Option: A) Correlation

Option: B) Fractures

Option: C) Biomarkers

Option: D) Surge

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ can be observed in the genetic code due to environmental factors.



12. There was a sudden _____ in demand for the new product.
13. The patient's condition worsened due to unexpected medical _____.
14. The results of the experiment were as _____ by the researchers.
15. To apply for the scholarship students must meet the _____ criteria.
16. The chemical showed high levels of _____ in the lab tests.
17. The study focused on the _____ processes within cells.
18. Fruits and vegetables provide essential vitamins and _____ for the body.
19. Low-income families may be eligible for assistance through the state _____ program.
20. The presence of specific _____ can indicate the progression of a disease.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The eclipse was a rare natural event that fascinated astronomers around the world.
22. Her job requires a range of skills as it involves various aspects like marketing finance and operations.
23. The celebrity's strong support for the new fashion line led to increased sales.
24. He weighed the options carefully and made the decision .
25. The study found a strong between exercise and improved heart health.
26. The medication had effects on some patients causing discomfort.
27. Berries are known for their high levels of properties that help combat free radicals.
28. The company reviewed its financial records to analyze its budget and .
29. The charity event aims to raise funds for underprivileged children who are the of the donations.
30. The doctor considered the patient's reaction to the medication to determine its .



Answer

Multiple Choice: 1. A) Alterations 2. C) Scrutinized 3. B) Perpetuate 4. D) Pharmaceutical 5. B) Longevity
6. B) Innovative 7. B) Postmenopausal 8. B) Eligibility 9. B) Disparities 10. B) Fractures

Gap-Fill: 11. Alterations 12. Surge 13. Complications 14. Anticipated 15. Eligibility 16. Toxicity 17.
Biochemical 18. Nutrients 19. Medicaid 20. Biomarkers

Matching sentence: 1. Phenomenon 2. Multi-faceted 3. Endorsement 4. Judiciously 5. Correlation 6. Adverse
7. Antioxidant 8. Expenditures 9. Beneficiaries 10. Tolerability

CATEGORY

1. Health - LEVEL6

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