

New Study Reveals Diet that Slows Aging

Description

Energy-Mitality-Human Health Lifespan

Researchers at UC San Francisco have found that diets rich in essential nutrients and low in added sugars can be 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** /'nju:.tri.ənts/ (noun): Substances used by living organisms to sustain growth repair and vital processes.
- 3. **Biochemical** /,baɪ.oʊˈkɛmɪkəl/ (adjective): Relating to the chemical processes and substances that occur within living organisms.
- 4. Adverse /æd'v3rs/ (adjective): Preventing success or development; harmful or unfavorable.
- 5. Longevity /lpn'dʒɛvɪti/ (noun): Long life or existence; durability.



6. Antioxidant /,æn.ti'oʊk.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? JEWS.CC

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 lis	ap-Fill (Fill in	the blanks with the	ne correct word from	the vocabulary	/ list.
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11.	can be observed	d in the d	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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