



O P R A H . C O M
M I N D A N D B O D Y

Home Page
The Oprah Winfrey Show
Oprah After the Show
O, The Oprah Magazine
Oprah's Books
Oprah's Angel Network
About Oprah
Oprah Boutique

Spirit and Self
Relationships
Food and Home
Mind and Body
Oprah.com Presents

Oprah's Workshop
Message Boards
O Groups
Online Journal
Oprah Alert
Newsletter
E-mail Us

Ten Superfoods for Age-Defying Beauty



The benefits from eating healthy are endless. And, according to Dr. Nicholas Perricone, some foods can be eaten to help you look and age better!

Acai fruit

This little berry is one of the most nutritious and powerful foods in the world. It can often be found in juice form in health food and gourmet stores.

Anything in the "Allium Family"

Garlic, onions, leeks, scallions, chives and shallots can all help the liver eliminate toxins and carcinogens.

Barley

This can be used as a breakfast cereal, in soups and stews, and as a rice substitute. Barley's also high in fiber, helping metabolize fats, cholesterol and carbohydrates.

Green Foods

Green foods like wheat and barley grasses can be bought in powder, tablet or juice form, and offer greater levels of nutrients than green leafy vegetables. They also help cholesterol, blood pressure and immune response.

Buckwheat: Seed & Grain

Buckwheat is loaded with protein, high in amino acid, stabilizes blood sugar and reduces hypertension.

Beans & Lentils

You can reduce cholesterol while beefing up on antioxidants, folic acid and potassium. Try kidney, black, navy, pinto, chickpeas, soybeans, peas and lentils.

Hot Peppers

Both bell and chili peppers contain antioxidants, have twice the Vitamin C as citrus fruit and work as great fat burners.

INSIDE MIND & BODY

- [Fitness](#)
- [Weight](#)
- [Your Health](#)
- [Beauty](#)
- [Sexuality](#)
- [At Any Age](#)
- [Emotional Well-being](#)
- [Bob Greene](#)



TALK WITH OTHERS



[Message Boards](#)
[O Groups](#)



[E-mail This Page
to a Friend](#)

Nuts & Seeds

You can't go wrong with a handful of nuts a day—walnuts, hazelnuts, almonds, macadamia and pistachio nuts contain Omega 3 fats, which are great for your heart. Raw and unsalted are best.

Sprouts

Numerous varieties of sprouts are great with any meal. They're a great source of protein and Vitamin C. Try adding them to any dish and your immune system will get a boost.

Yogurt and Kefir

These cultured foods contain healthful bacteria that aid immune function, and the calcium helps burn fat. Try using them as a base for a smoothie.

From the show [Look 10 Years Younger in 10 Days](#)

Oprah, Get With The Program, Harpo, Make The Connection, Oprah's Book Club, and Remembering Your Spirit are registered trademarks of Harpo, Inc. Spa Girls, and Use Your Life, are trademarks of Harpo, Inc. Oprah's Angel Network and Angel Network are registered trademarks of Oprah's Angel Network. All rights reserved.

TM & Copyright 2005 Harpo Productions, Inc. All Rights Reserved.