



5 Takeaways

Foods for Longevity

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1. Aging is a major risk factor for all chronic disease and death.
2. The average lifespan and centenarian rate are increasing.
3. Animal models have demonstrated that lifespan is modifiable with intervention.
4. Lifestyle interventions positively impact human health, prevent early mortality, and may extend healthspan and lifespan.
5. There are many supplements, U.S. Food & Drug Administration-approved drugs, and candidate drugs that are promising and are currently being researched for the extension of healthspan and lifespan.

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