



Nutrition for Longevity

Fuel your longevity journey with these 4 nutrition strategies.

Always consult your healthcare provider before making major nutrition changes, especially those related to “Timing of Eating” and “Supplements.”

Polyphenol-rich foods

Include a variety of polyphenol-rich foods in your eating pattern each day:

- beans
- beets, purple sweet potatoes
- berries
- cruciferous veggies
(broccoli, cabbage, cauliflower, Brussels sprouts, Bok choy, arugula, mustard greens, rutabaga, kohlrabi, Swiss chard)
- dark leafy greens
- garlic
- green tea, coffee
- mushrooms
- nuts
- seeds (pumpkin, sunflower)
- turmeric

Supplements

- Supplements can't replace the benefits of regularly eating nutrient-dense foods but can support overall longevity.
- Use these databases to find high-quality supplement products:
 - [NSF Certified](#)
 - [Informed Choice Certification](#)
- **Vitamin D:** if blood level is below optimal 50-60ng/mL 25-OH-D; take 800IU/day or as prescribed by provider
- **Probiotic:** include bifidobacteria & lactobacillus; 40 billion CFU/day
- **Curcumin:** 500-1000mg/day

[Launch My Health's supplement recs](#)

Timing of Eating

12-hour Feeding Window

- Simplest & best option to get started
- Eat all food within 12 hours & fast for the other 12 hours of the day

2 Meals + 1 Snack

- If overweight, try eating pattern of breakfast with only lunch OR dinner
- Eat snack during time of whichever meal you choose not to eat

Fasting-mimicking diet

- Reduces markers of aging & age-related disease
- **Not** recommended for anyone who is over age 70, pregnant, underweight, has liver or kidney disease
- Seek physician guidance if diabetes, autoimmune disease, cancer or taking any medications
- Includes 5 days per month of 800-1100 calories per day with focus on complex carbs, nuts, olives, tea, & plant-based protein

Gut Health

- Gut bacteria use food you eat to play a role in turning genes on & off.
- Recommendation: eat prebiotic foods weekly that Bifidobacterium prefer to eat:
 - asparagus
 - leeks
 - onions
 - sunchoke

This information is for educational purposes only and is not tended to be medical advice. Consult your healthcare provider before trying any fasting protocols.

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Other Resources for Longevity

Name	Focus	Resources
Dr. Kara Fitzgerald	epigenetics & longevity research to reduce biological age	• https://www.drkarafitzgerald.com/fx-md-blog/ • Book: Younger You
Dr. Dale Bredesen	Alzheimer's Disease reversal & prevention	• https://www.apollohealthco.com/dr-bredesen/ • Books: The Ageless Brain; The First Survivors of Alzheimer's
Dr. Valter Longo	fasting-mimicking diet	Books: The Longevity Diet, Fasting Cancer
Dr. Peter Attia	lengthening lifespan, increasing healthspan	Book: OUTLIVE: The Science & Art of Longevity
Dr. Michael Greger	lifestyle medicine research & communication	• Nutritionfacts.org • Book: How Not to Age
Dr. Eric Topol	research on individualized medicine using genomic, digital & A.I. tools.	Book: Super Agers



PhenoAge Calculator

launchmyhealth.com/phenoage-calculator

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