

- Diet

Nutrition key to altering how fast we age: Expert biohacks fasting-metabolism link

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NEW DELHI: Nutrition is the most powerful way to alter how fast we age, and may be the key factor that determines whether or not we develop age-related diseases, said one of the world's foremost biogerontologist and cell biologist, as he offered links that connect our food to living a long and healthy life.

The insight was shared by Dr Valter Longo, professor, gerontology and biological sciences, and director of the Longevity Institute at the USC Leonard Davis School of Gerontology, Los Angeles, during a session on the third day of the Hindustan

Times Leadership Summit on Thursday. "We can argue, based on over 100 years of research, that nutrition is by far the most powerful way to alter how fast we age, and also alter whether we will develop age-related disease like diabetes, cancer, cardiological and neurodegenerative diseases," he said, adding that reversing ageing and controlling weight is crucial for saving lives not only from dozens of disease, but also from Covid-19.

To this effect, Dr Longo has developed a fasting-mimicking diet (FMD) — a low-calorie meal programme that mimics the effects of periodic fasting or water fasting over the course of five days, while still providing the body with nutrition. FMD is a plant-based diet designed to attain fasting-like effects on the body while still providing both macro and micro nutrients to minimise the burden and adverse effects generally associated with fasting.