

# B12 FOR YOUR BRAIN

Feel smarter—and perform better—by loading up on these superfoods

BY CAT PERRY PHOTOGRAPH BY CLAIRE BENOIST

→ Shrinkage doesn't just happen at the pool. It can also take place inside your skull, especially when your brain lacks sufficient vitamin B12. A deficiency of this essential nutrient can cause significant drops in gray matter volume. And even your doctor may not be able to tell that it's happening. According to a new Rush University Medical Center study, low B12 levels often go

undetected in blood tests. In fact, even when blood levels of the vitamin appeared normal, **between 15% and 17% of people they studied weren't absorbing enough of the vitamin and had serious deficiencies.** But don't worry your possibly shrinking head too much—just include any of our top-five B12-packed foods listed here and never get accused of being small-minded ever again.



**FEELING TIRED?**  
Lost your appetite? Got numbness in your hands or feet? B12 can fix that.

## TOP 5 B12 BOOSTERS

Get your head in the game with these B12-rich foods:

### LAMB LIVER

65mcg per serving  
Can't find any in the market? Beef, veal, moose, and goose liver are also good sources.

### STEAMED PACIFIC OYSTERS

24mcg per serving  
Look for smaller oysters, which are generally more tender.

### MUSSELS

20mcg per serving  
Chilling fresh mussels in the freezer for an hour beforehand will make them easier to open.

### SALTED MACKEREL

10mcg per serving  
Cook fillets with olive oil, garlic, and lemon, and serve with red wine to bring out the flavor.

### STEAMED CLAMS

84mcg per serving  
Dip them in a sauce made from the juices they cooked in and a bit of fresh lemon.

# Live to 100

SEVEN TIPS TO ADD DECADES TO YOUR LIFESPAN BY DEAN STATTMANN

**1) KEEP MOVING:** An active lifestyle can add up to four years to your life and cut your risk of stroke and heart attack by 20%.

**2) BUTT OUT:** A 2004 study shows that quitting smoking at ages 30, 40, or 50 can extend your stay on earth by 10, 9, or 6 years, respectively.

**3) MAINTAIN A HEALTHY WEIGHT:** Keeping excess pounds in check can add an additional 1.3 years to your life.

**4) EAT BETTER:** Focus on variety. Studies show that fruit flies that were given apple polyphenols

daily lived 10% longer than those that weren't. Researchers speculate the finding carries over to humans. **Incorporate as many food groups into your meals as possible, and pay attention to things like freshness and color—the brighter, the better.**

### 5) LOWER CHOLESTEROL:

Soluble fiber in whole grains and vegetables can help lower your arterial cholesterol levels as can the omega-3 fatty acids found in fish oil. U.K. research shows that keeping your cholesterol levels in check along with your blood pressure and not

smoking may extend your lifespan by up to a decade.

**6) MANAGE BLOOD PRESSURE:** Controlling BP can cut your risk for heart attacks and stroke by more than 25%. Take charge today by cutting down on sodium and alcohol whenever possible.

**7) MONITOR DIABETES:** If you're diabetic, check your blood sugar regularly—no matter how annoying that pinprick to the finger may be. And work at staying lean. Dropping just 5% of your body weight can help delay effects of the disease.

# 90

Percentage of Americans who eat too much salt daily, according to new data from the Centers for Disease Control and Prevention

