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Real Age Diet. Background. The RealAge Diet: Make Yourself Younger with What You Eat was created by Michael Roizen, a physician and author of the bestselling book, RealAge. Roizen introduces an approach to dieting that is based on the idea that we can decrease our biological age by making even small changes to our diets.

Real Age Diet - Freedieting

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The RealAge Diet: Make Yourself Younger with What You Eat

Eating on the Real Age Diet. He says, for example, that eating foods rich in flavonoids (a phytochemical), such as apples, onions, broccoli, garlic, chocolate, or grapes, will make your RealAge exactly 3.2 years younger. Roizen says that every recommendation made in the book is backed up by scientific evidence.

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The RealAge test is a unique calculation of your body's health age. Inspired by a journal article that showed that smokers, on average, live 8 to 10 years less than non-smokers, the test is powered by the latest medical research and can help you feel younger and live longer.

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