



[Eat Better Live Longer](#), copyright © 2018 by Sarah Brewer and Juliette Kellow. Published by DK, a division of Penguin Random House LLC. Photography © 2018 Sarah Fisher.

Our Summary:

In a world where it's easier to blame and shirk responsibility for our health, [Eat Better Live Longer](#) helps shift the conversation into your home kitchen and sets you up to win. In this easy to read and visually inviting book, you have what may become a lifelong guide for healthy and responsible living. Written by Dr. Sarah Brewer and Juliette Kellow, a registered dietitian, [Eat Better Live Longer](#) arms you with current research and builds on what you already know with solid science. The illustrations, graphics and charts make the authors' points easy to understand. You remain focused on healthy eating, not wallowing in minutia. Their ideas

are fresh and practical, and the book provides meal plans and recipes that don't require much more than a walk through the produce aisle and a well-stocked spice drawer. With that, anyone can get themselves on the road to health and longevity, simply by stepping into the kitchen.

What you need to know:

Get it: [Eat Better Live Longer](#), copyright © 2018 by Sarah Brewer and Juliette Kellow. Published by DK, a division of Penguin Random House LLC, May 15, 2018 [Hardcover \\$17.00](#) ([Amazon \(paperback\) \\$13.38](#); [Kindle \\$9.99](#))*

See it: 224 pages of bright, graphically illustrated content along with simple but perfectly photographed completed dishes. The thorough *Table of Contents* outlines what's in each of the four *Parts* of the book which makes it easy to land on whatever information you are searching for or curious about.

Make it: Over 110 recipes designed to provide nutrients to support health and longevity, plus address specific areas such as vision, hearing and balance, bones, muscles, joints, women's health and men's health. There chapters on "Supergroups" like berries and whole grains and "Wonderfoods" such as bananas and olive oil. Each includes a 2-page spread highlighting food's benefits, how to buy and storage tips, as well as several recipes using it as the primary ingredient.

Chef Donna's Review:

While [Eat Better Live Longer](#) is written so you understand how the body changes with age and how much diet affects that process, this book engages beyond the health point of view. Recipes are peppered throughout each chapter so you can adopt a lifestyle that has health and longevity as a byproduct of smart, thoughtful, and sustainable eating practices. That delicious food is the vehicle the authors use to get you there is just as smart and practical as the rest of the book.

Authors Dr. Sarah Brewer and Juliette Kellow tell it to you straight in [Eat Better Live Longer](#) : the secret to a healthy, longer life can be found in your kitchen! Almost every single one of the 244 pages describes, illustrates or uses food to demonstrate that health can be maintained throughout the aging process. The cornerstone to all of that is a set of *Key Principles* which are based on scientific research and implemented with foods that are readily available at the grocery store. *Key Principles* like swap red meat for fish, eat

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more plants, and choose foods across the color spectrum. While not new ideas, they prove to be successful. The authors have studied volumes of information and culled out the things that work so you can be confident in the choices you make when you eat for your health.

With these principles in mind, Brewer and Kellow present *The Longevity Eating Plan*, which is a 4-week meal planner based in whole, natural foods that include menu options so you can personalize each meal. The eating plan is easy and the recipes are made from foods you want to eat. With tropical fruits, salads and variations of tortillas, pasta, veggie and grain salads, and fish and meat proteins, [Eat Better Live Longer](#) offers variety to satisfy everyone's tastes. That the *Plan* includes recipes for *Breakfast Tortilla*, *Mango and Coconut Smoothie* or *Banana Pancakes with Spiced Apple Rings* to start your day, makes it even more appealing. And on days when you don't have time to cook, [Eat Better Live Longer](#) gives you endless variations for porridge, eggs and whole grain toast with fruits and vegetables or fruit salads, so you can still get your day off to a healthy start.

Lunch and dinner follow suit in [Eat Better Live Longer](#), with menu choices like *Shrimp Pomegranate and Quinoa Bowl*, *Asian Style Tuna Salad* and *Spicy Bean and Red Pepper Soup* for lunch, or *Hot and Crispy Salmon*, *Turkey Steak with Kale and Squash* or *Mushroom Pie* for dinner. A healthy nod to snacking is also included in each day's menu. While you'd expect to see fruits, nuts, yogurt and vegetables, as your suggested snacks, here you find them in the ingredient lists to make wraps, smoothies, salads, or pancakes, so you actually enjoy snacking in a way that benefits your body, twice a day!

Beyond the recipes, [Eat Better Live Longer](#) is filled with compelling and provocative ideas including a solid chapter on *How the Body Changes with Age*. In this section the authors demonstrate how foods can counteract age-related physical changes, and suggest the foods to eat for optimal health and disease prevention. They tackle things like brain health and vision health, including cataracts. They talk about gum disease and ailments of the bones, muscles, and joints. If you want to understand what is happening in your body and make the right food choices to live long and sustain health, [Eat Better Live Longer](#) is a practical and useful book for anyone, of any age.

Recipes to cook from [Eat Better Live Longer](#), reprinted by permission of DK, a division of Penguin Random House LLC. Copyright © 2018 by Sarah Brewer and Juliette Kellow.

[Mushrooms Stuffed with Tomatoes Cous Cous and Avocado](#)

Chef Donna's Note: Dukkah Seed Mix is a cultural blend from Northern Africa of nuts and seeds. You can find it in well-stocked grocers, online (such as through [Trader Joes/Amazon](#)) or make your own blend. An internet search will turn up plenty of variations.

[Mixed Bean Bowl with Pita Nachos](#)

[Bulgar Wheat Jar with Eggs and Salsa](#)

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