

Life Enhancement Foods: Nutritional Benefits and Impact on Health

Vivek Huria

jalfrezi.rak@gmail.com

Managing Director/Chef/Owner, Jalfrezi by Chef Vivek Huria

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ABSTRACT

Understanding the impact and benefits of life-enhancing foods is important in order to incorporate them into new recipes and meal plans that can improve mental, emotional, and physical health. Life-enhancing foods can also be classified as functional foods. Functional foods, rich in bioactive compounds, offer potential health benefits beyond basic nutrition. They contain specific bioactive compounds that can positively impact our health. These foods can prevent diseases, boost immunity, and improve cognitive function. Whether naturally occurring or fortified, they play a crucial role in promoting overall well-being. Most foods are functional in some way or the other when they have the potential ability to affect health positively. By incorporating a variety of nutrient-rich foods into your diet, you can harness their power and enhance your health. Examples of functional foods are fruits and vegetables (rich in vitamins, minerals, and antioxidants), whole grains (provide fiber, B vitamins, and other essential nutrients), fatty fish (packed with omega-3 fatty acids), nuts and seeds (offer healthy fats, protein, and fiber), yogurt (contains probiotics, which support gut health), dark chocolate (high in antioxidants), and tea (contains antioxidants and may boost brain function). Many studies have been conducted on functional foods and foods associated with longevity, examining how they impact human health. Also, many communities from different parts of the world have embraced life-enhancing foods and have been using them for centuries. This study is an attempt to bring out the salient findings on life-enhancement foods and how they have impacted communities to live healthy and long lives.