

What are AGEs and ALEs?

and why are they important to You?

What?:

Advanced Glycation Products and
Advanced Lipoxidation End products

-AGEs and ALEs are formed when excess sugar (glucose) attaches to proteins and fats. They are also formed from high heat cooking methods of certain foods

So What?:

- Accumulation of AGEs and ALEs can lead to heart disease, diabetes, clogging of the arteries and overall inflammation
- They can contribute to oxidative stress which results in damage to DNA and can lead to a whole host of chronic illnesses.

Now What?

- Decrease your consumption of dietary AGEs and ALEs by preparing foods with moist heat, shorter cooking times and at lower temperatures.
 - The highest amounts of AGEs are found in high fat foods like red meat, full fat dairy products and processed foods. Prevent your exposure to AGEs and ALEs by preparing foods low and slow; lower temperatures over longer time will decrease the formation of AGEs and ALEs.
 - Consuming more whole grains, fruits, vegetables and low fat milk products will decrease your AGE/ALE load.
 - Consuming less sugar and processed foods will decrease the formation of AGEs and ALEs.
- * When in doubt choose low sugar, unprocessed foods, lower fat products, whole grains, fruits and vegetables.

