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13 Things Aging You You May Be Surprised

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You cut out all fat from your diet

Some fat is necessary for maintaining a youthful feeling and appearance, says **Franci Cohen, a certified nutritionist and exercise physiologist from Brooklyn, NY.** "Heart-healthy omega 3 fatty acids found in oily fish (such as salmon and mackerel) and certain nuts (such as walnuts and flax seeds) keep skin supple and plump, thereby preventing wrinkles, and they boost both heart and brain health as well," she says. The Academy of Nutrition and Dietetics recommends including fish in your meals at least twice a week.