

Eating Tomatoes
Instead Of Pasta Sauce
Seems To Have
Lowered My Biological Age
By About A Year



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Abstract

Replacing pasta sauce in my diet with tomatoes seems to have lowered my biological age by 0.92 years after 27 days (p value = 0.03).

This is consistent with a similar, but opposite, experiment I performed in 2013.

I don't know why tomatoes would be healthier.

My guesses are they

- 1.) have fewer calories and/or
 - 2.) are less processed
- than pasta sauce.

Methods

I measure my biological age every day, and keep track of things that may change it.

I tried replacing pasta sauce with diced Roma tomatoes.

Both were organic and bought off the shelf at local retail grocery stores.

I changed them in both meals I ate every day.

Both were cooked.

I didn't keep a mathematically precise record of how much pasta sauce I ate.

But, I wouldn't be surprised if it was about 6 tablespoons or half a cup, twice a day.

That would be a daily total of 12 tablespoons, or a cup.

I performed two similar experiments in 2013.

In one, I replaced eating one tomato per day with 2 to 5 ounces of pizza or tomato sauce or paste twice per day.

Next, I immediately went back to eating one boiled Roma tomato per day. Unfortunately, this experiment had only 13 days of tomato data.

Results

2020 experiment

stable_age experiment

Change: -0.92 years

pasta sauce

50.4

32

p value: 0.03

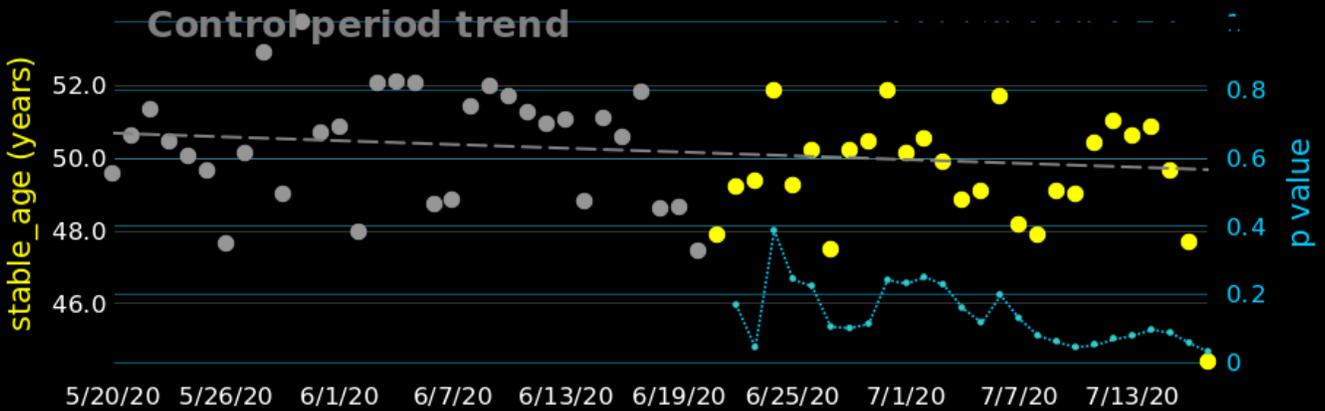
average stable_age in years

days

tomatos

49.5

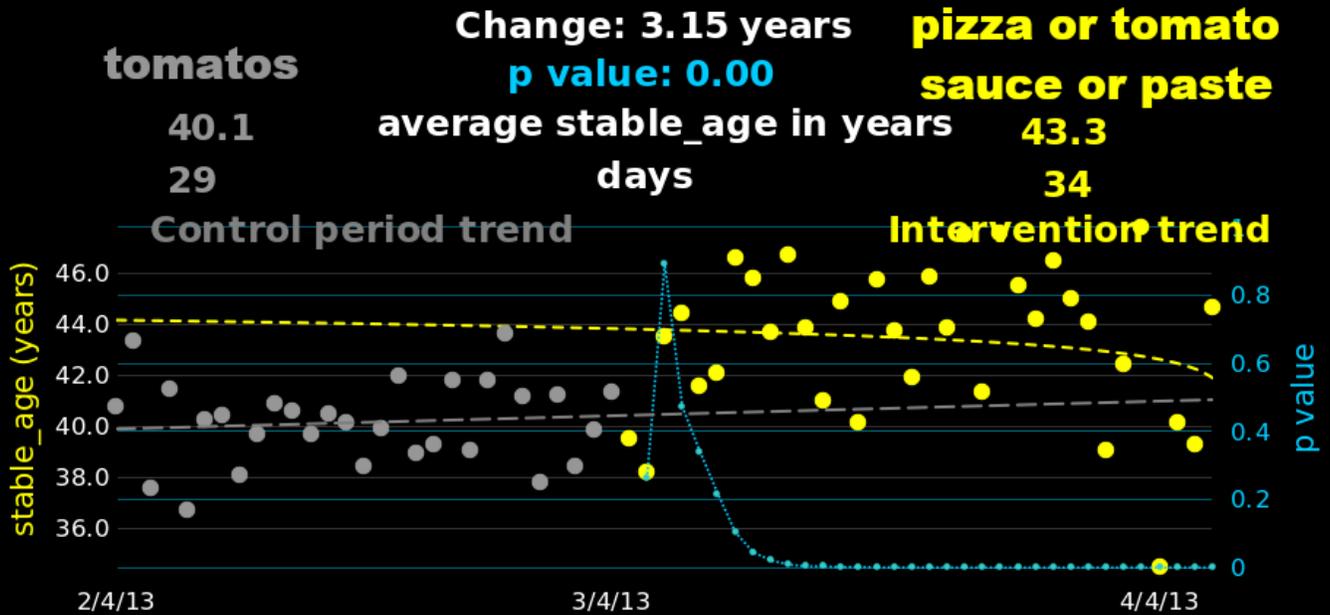
27



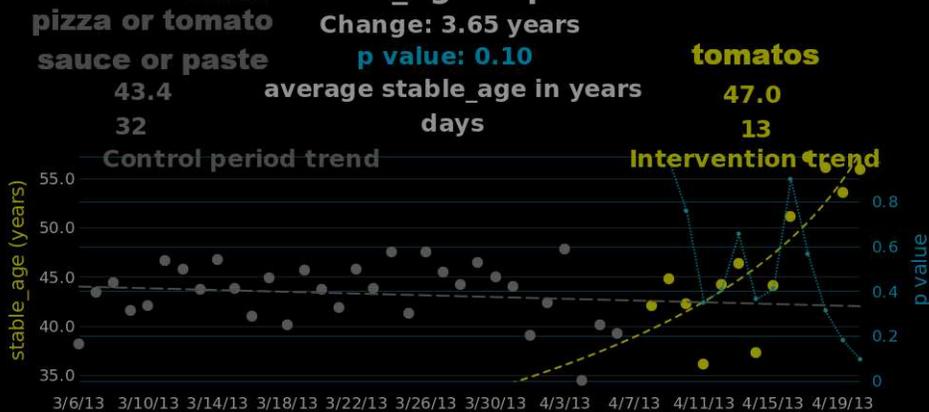
Replacing pasta sauce in my diet with diced tomatoes seems to have lowered my biological age by 0.92 years after 27 days (p value = 0.03).

2013 experiments

stable_age experiment



small stable_age experiment



Unfortunately, this experiment had only 13 days of tomato data, was under-powered, returned a statistically insignificant p value of 0.10¹ and suggested tomatoes had the opposite effect.

¹Statisticians often say a difference is statistically significant when its p value is less than 0.05.

Discussion

Results reported from others' life span experiments suggest tomatoes are good for people, but not bugs^[1].

Why would tomatoes work?

Short answer: I dunno.

Longer answer #1: Maybe because they had fewer calories than pasta sauce. Calorie restriction is well know to slow aging. However, I estimate switching to tomatoes reduced my daily intake by only 88 calories. That'd be only 4% of my daily total². Life span experiments that tried calorie restriction often reduced intake by 40%, which is ten times as much as my little 4%, so I suspect another reason.

Long answer #2: Maybe the processing used to manufacture the commercial pasta sauce I ate damaged an important nutrient. Less processed food is thought to be healthier.

²Assuming I ate 2,400 calories per day.

I previously found that cocoa, green tea and intermittent fasting seemed to lower my biological age a little[2,3,4].

I like that they seem to work in just weeks.

My big spread sheet of life span experiments has more leads[1].

It currently summarizes 37,535 experiments.

Life extensions were reported for over 5,000 interventions.

I'm screening some with my fast test for anti-aging interventions[2,5].

I like my test.

It's fun, much faster than mortality studies³, and tells me if I'm younger, which is *soooo* much better than just living longer.

I'm trying to make it even faster.

³Mortality studies take years.

Conclusion

Eating tomatoes instead of pasta sauce
seems to have lowered my biological age by about a year.

References

1. Kingsley's Big Spread Sheet Of Life Span Experiments
2. Kingsley's Fast Screen For Anti-Aging Compounds Worked With Cocoa
3. Drinking More Green Tea Seems To Have Made Me A Year Younger In Just A Month
4. Not Eating For 14 Hours A Day For A Month Seems To Have Made Me About A Year Younger
5. What I learned from trying to measure my biological age throughout 2018



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