

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**

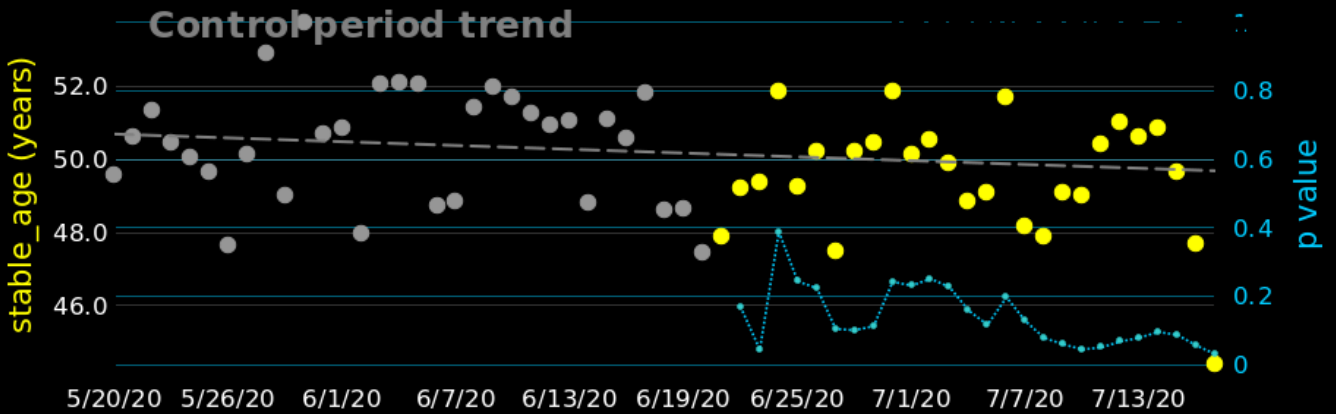
average stable\_age in years

days

**tomatos**

49.5

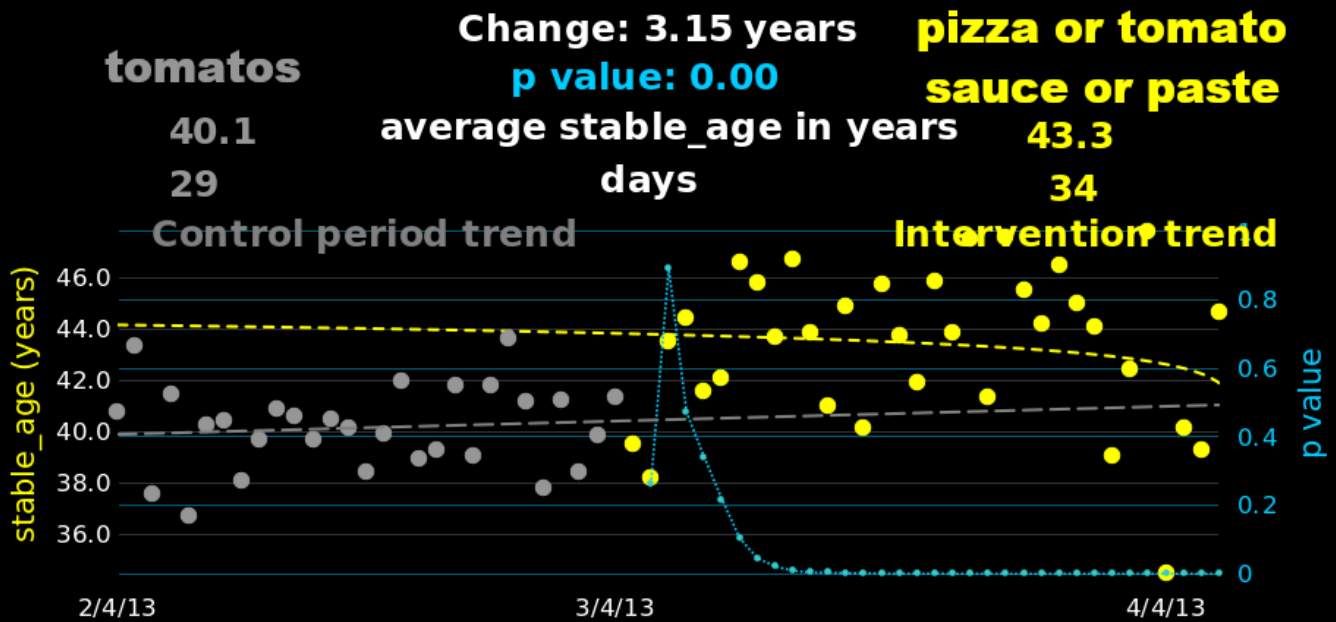
27



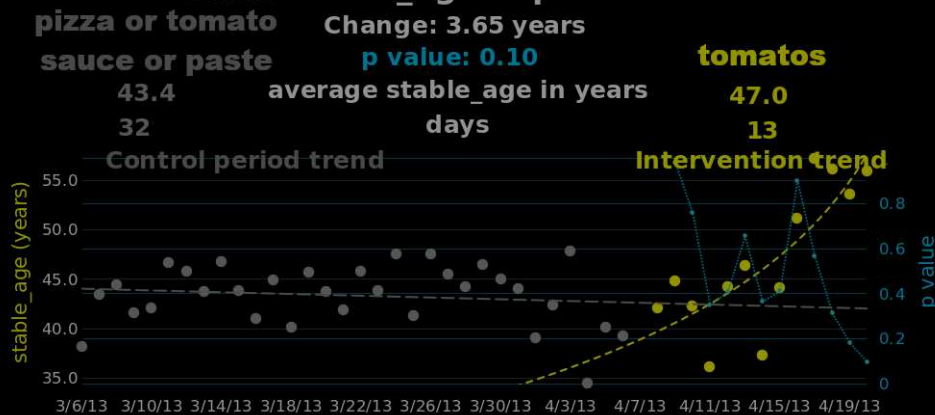
Replacing pasta sauce in my diet with diced tomatoes seems to have lowered my biological age by 0.92 years after 27 days (p value = 0.03).

# 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 0.10<sup>1</sup> and suggested tomatoes had the opposite effect.

<sup>1</sup>Statisticians 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<sup>[1]</sup>.

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 total<sup>2</sup>. 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.

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<sup>2</sup>Assuming 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 studies<sup>3</sup>, and tells me if I'm younger, which is *soooo* much better than just living longer.

I'm trying to make it even faster.

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<sup>3</sup>Mortality 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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