

## 《百岁老人揭秘长寿养生之道 她常吃这个》

导读:想要长命百岁?一起来看看世界上寿命最长的人给出的建议!



The world's oldest woman has revealed her secrets to a long life - and they may come as a surprise.

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Emma Morano is the last known person alive to have been born in the 19th century, and she puts her longevity down to eating eggs and cookies daily - but hardly any fruit or vegetables.

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'I'm 116 years and on 27 November, I'll be 117,' she said, speaking from her room in Verbania, a town in northern Italy.

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'I eat two eggs a day, and cookies. But I do not eat much because I have no teeth,' she said.

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The egg habit dates from when she was diagnosed with anaemia at 20 and a doctor advised her to eat three a day,

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