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Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply want to fine-tune your diet, here are eight heart-healthy diet tips. Once you know which

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The Healing Power of a Heart Healthy Diet Consumer Reports

For a heart-healthy diet, make vegetables, fruits, whole grains, nuts, and beans the centerpieces of your meals, says Linda Van Horn, Ph.D., professor of preventive medicine at the Feinberg School

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Mediterranean diet for heart health Mayo Clinic

The Mediterranean diet is a heart-healthy eating plan that emphasizes fruits, vegetables, whole grains, beans, nuts and seeds, and healthy fats.

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Healthy Eating Heart Stroke Foundation South Africa

HEALTHY EATING . Up to 80% of heart disease and stroke can be prevented by simply living a healthy lifestyle and that includes healthy eating. Eating well and making good nutritional choices is one of the best weapons you have in the fight against heart disease, as well as many other chronic conditions such as diabetes, obesity and some cancers.

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