

THE HEART HEALTHY DIET



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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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Learn about heart-healthy diets with articles, meal plans and recipes from EatingWell's food and nutrition experts.

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Healthy eating The Heart Foundation

A healthy diet includes a variety of food groups and reduces the risk of heart disease. This means eating fresh healthy foods instead of processed and packaged foods.

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22 Heart Healthy Foods to Fuel Your Cardiac Diet Cooking

What is a Cardiac Diet? Cardiac diet is an unofficial term for a heart healthy diet. This is a plan to eat plenty of nutrient-rich foods fruits and veggies, whole grains, lean poultry and fish. And it also means avoiding saturated fats, trans fats, and excess sodium and sugar.

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American Heart Association No Fad Diet A Personal Plan

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Cashews

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The 'heart attack proof' diet CNN com

Dr. Caldwell Esselstyn Jr.'s diet has no meat, eggs, dairy or added oils ; CEO of American Heart Association says there are other key factors to consider

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