**Food to improve cardiac health**

Eating a diet with the right number of calories and amount of fat is an important part of taking care of your heart, and some foods are particularly beneficial in this regard because of their nutrient profiles.

The American Heart Association suggests a diet rich in fruits and vegetables, whole grains, low-fat dairy products, poultry, fish, and nuts. These picks are especially worthy of your grocery list.

So, here are some of the Foods that help you to improve cardiac health

A handful of healthy nuts such as almonds or walnuts will satisfy your hunger and help your heart.

Berries are chock full of heart-healthy phytonutrients and soluble fiber. Try blueberries, strawberries, blackberries or raspberries in cereal or yogurt.

Seeds. Flaxseeds contain omega-3 fatty acids, fiber and phytoestogens to boost heart health. Take them in ground or milled form to reap the greatest benefit. Chia seeds also provide omega 3, fiber and protein and can be eaten whole.

Oats are the comfort-food nutrient powerhouse. Try toasting oats to top yogurt, salads or to add into a trail mix if you are not a fan of them cooked.

Legumes. Dried beans and lentils ― such as garbanzo, pinto, kidney or black beans, are high in fiber, B-vitamins, minerals and other good stuff. Veggie chili, anyone?

Soy. Add edamame beans or marinated tofu in a stir-fry with fresh veggies for a heart-healthy lunch or dinner.

Red, yellow and orange veggies such as carrots, sweet potatoes, red peppers, tomatoes and acorn squash are packed with carotenoids, fiber and vitamins to help your heart.