

# HEART HEALTHY FOODS

## PREVENT HEART DISEASE NATURALLY



**WHAT to EAT?**  
FRUITS and VEGETABLES



**WHAT to AVOID?**  
PROCESSED and GMO FOODS

**\* Good fats**  
monounsaturated fats  
polyunsaturated fats  
omega-3 fatty acids

**\* Bad fats**  
saturated fats  
trans fats

**↑**  
VITAMINS  
MINERALS  
ANTIOXIDANTS  
DIETARY FIBERS

**↓**  
SALT  
BAD FATS  
CALORIES  
CHOLESTEROL



### LIST of HEALTHY PRODUCTS



+ fibers  
+ folic acid  
+ potassium  
+ **vitamin C**



Chia seed

healthy protein  
+ fibers  
+ good fats



+ potassium  
+ folic acid  
+ **vitamin C, A**  
anti inflammation



+ Q10 co-enzyme  
+ fibers  
+ **vitamin A, C**  
reduce inflammation



+ antioxidants  
+ fibers  
+ good fats



+ antioxidants  
- cholesterol  
- blood pressure  
anti inflammation



+ **vitamin C, A**  
+ antioxidants  
+ potassium  
- cholesterol



+ **vitamin B**  
+ fibers  
+ good fats



+ fibers  
+ potassium  
+ good fats  
+ **vitamin C, B**



Spinatch

+ Q10 co-enzyme  
+ antioxidants  
+ potassium  
- cholesterol  
- toxins



+ antioxidants  
+ fibers  
+ potassium  
- cholesterol  
- blood pressure



+ fibers  
+ antioxidants  
- cholesterol



+ **vitamin A, C**  
+ potassium  
+ fibers



Brown rice

+ fibers  
+ antioxidants  
+ **lignans**



+ **vitamin C, B**  
+ antioxidants  
- cholesterol



Dark chocolate

+ antioxidants  
- cholesterol  
- blood sugar



+ **vitamin A, C**  
+ fibers  
+ potassium



+ **vitamin A, B, C**  
helps with  
cholesterol  
blood flow



+ **vitamin C, A**  
+ potassium  
+ fibers



American  
Heart  
Association



the Heart  
FOUNDATION



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