

Foods for a Healthy Heart

Heart disease is the leading cause of death in the United States. It is also one of the main causes of death in Canada and is killing more and more people throughout the world.

Dietary advice for reducing heart disease risk includes eating a balanced diet with less saturated fat from red meats, more fresh fruits and vegetables, more fish, less sugar, more fiber and for many people, fewer total calories. Then you can make your heart and the rest of your cardiovascular system even healthier by adding more of these foods:

Salmon

- Fish is an excellent source of omega-3 fatty acids that protect your heart by reducing both inflammation and the risk of blood clots

Olive Oil

- Olive oil reduces your risk of heart disease by lowering your LDL (bad) cholesterol levels.

Oats

- Oats contain a soluble fiber called beta glucan that helps reduce total cholesterol and LDL cholesterol. Soluble fiber also helps keep your digestive system healthy.

Apples

- Apples contain a photochemical called quercetin, which acts as an anti-inflammatory and will help prevent blood clots as well.

Almonds

- Almonds and other nuts contain healthy oils, vitamin E and other substances that will help keep cholesterol levels in check

Red Wine

- Red wine contains a powerful antioxidant called resveratrol. Resveratrol has been shown to be good for your heart. Be sure to enjoy red wine in moderation. Studies show that only 4 to 8 ounces of red wine is needed each day.

Whole Grains

- Whole grains provide vitamins and fiber that will help to keep your heart healthy.



Green leafy vegetables

- Green leafy vegetables contain folate, which keeps to keep homocysteine levels down, and vitamin E. Green leafy vegetables have also been associated with better retention of memory as age.

Tomatoes

- Tomatoes are packed with vitamins and lycopene, which as been shown to reduce heart disease risk.

Soy

- Soy protein has been shown to prevent heart attacks and soy makes an excellent protein substitute for red meat, which will reduce your saturated fat intake.