

Eat Your Heart Out

Time to get to the heart of the matter. Protect your heart by eating more healthy fat from fish and plants.

Omega-3 Fatty Acids:

Make fish the star attraction at meals twice a week. Wild salmon, cod, sea bass, halibut, tuna and sardines contain Omega-3 fatty acids. Omega-3s reduce cardiac risk by

- Inhibiting the formation of artery-blocking clots
- Reducing the buildup of plaque in the arteries
- Lowering triglyceride levels and blood pressure

Soy, flaxseed, canola oil, walnuts, & dark, leafy greens - plant sources rich in Omega-3s.

Good Fats:

Liquid at room temperature, polyunsaturated and monounsaturated oils reduce blood cholesterol.

- Polyunsaturated fats are found in safflower, soy, corn, sesame and sunflower seed oils. Walnuts, almonds and pecans are also great but calorie-dense sources.
- Monounsaturated fats are found in canola and olive oils, peanuts and avocados. Cook or bake with canola and olive oil and cooking sprays. Have a handful of peanuts or a dab of peanut butter for a satisfying snack.

Antioxidants:

Eat a variety of brightly colored fruits and veggies!

- Yellow fruits and veggies like carrots, mangos and peaches are a bounty of beta carotene and vitamin C, antioxidants like vitamin E, that help prevent cholesterol buildup in the arteries.
- Blueberries and cranberries with their dark, rich colors also contain ultra-high antioxidant levels.
- Tomato products are loaded with lycopene. It protects cells against oxidative damage.

Fiber:

Fiber helps “push” things through! Water soluble fiber found in bran, oatmeal, legumes, brown rice, barley, citrus fruits, strawberries and apples reduce cholesterol by absorbing it from the intestine.

Along with these healthy foods, protect your heart with regular exercise and by maintaining a healthy weight.

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