



HEALTHY DIET

THE SECRET TO A HEALTHY HEART

DIET TO PREVENT HEART DISEASE & TO STRENGTHEN YOUR HEART

Ever looked at your plate and wondered if you chose your meal choices wisely? Weight control and regular exercise are the crucial factors to keeping your heart healthy. The food you eat may strengthen your heart and eliminate some heart disease risk factors.

Heart disease is the **number one** killer in American men and women. Experts said that by eating a healthy heart diet, you can significantly reduce the risk of heart disease and stroke. This is shocking news! You can prevent heart disease and hypertension and improve your quality of life by simply making smart food choices. It is important to understand how your food choices affect your heart health.



Ten best foods that will help prevent heart disease:

1. **Oatmeal** – fiber-rich super foods can reduce LDL level (bad cholesterol) help keep your arteries clear.
2. **Salmon** – rich in omega-3 fatty acids.
3. **Avocado** – packed with monounsaturated fat that lower LDL while simultaneously increasing your level of HDL (good cholesterol).
4. **Olive Oil** – reduce LDL levels and reduce your risk of developing heart disease.
5. **Nuts** (mono- and polyunsaturated fats).
Examples: Almonds, walnuts, and macadamia nuts
6. **Berries** – full of anti-inflammatory properties
7. **Legumes** – lentils, chickpeas, and kidney beans filled with omega-3 fatty acids, calcium, and soluble fiber.
8. **Spinach** – packed with lutein, folate, potassium, and fiber, thus reducing your risk of heart disease.
9. **Soy** – low in saturated fat and lowers your LDLs
10. **Flaxseed** – full of fiber and omega-3 and omega-6 fatty acids



2-minute Oatmeal Recipe

1. Cook oatmeal
2. Add nuts (almonds, walnuts, macadamia) into oatmeal mix
3. Add some honey.

DELICIOUS AND CONVENIENT!!

E: contact@chinatowncardiology.com