



## EAT YOUR WAY TO A HEALTHY HEART

A lot of foods are naturally packed with vitamins and nutrients that can improve heart health. By incorporating foods containing these nutrients into your diet, you can dramatically increase the health and functioning of your heart.

### **Omega-3 fatty acids**

Omega -3 fatty acids decrease triglyceride levels, lower blood pressure and slow the growth rate of plaque in your arteries. Furthermore, omega-3 fatty acids decrease heartbeat irregularities, which can lead to sudden death. To obtain a good source of omega-3 fatty acids, eat fish, nuts, seeds and oils.

### **Soluble fiber**

Soluble fibers are those that work to lower the risk of heart disease by reducing blood cholesterol levels. Soluble fiber can be found in oats, fruits and legumes.

### **Folic acid**

Folic acid helps reduce the risk of cardiovascular disease associated with high blood levels of homocysteine, which irritates the walls of blood vessels and causes increased inflammation in the blood stream. Folic acid can be found in green leafy vegetable, mushrooms, legumes, nuts, fruits and root vegetables.

### **Allicin**

Allicin may help in preventing blood clots from forming in your arteries. Allicin is found in garlic and also in onions and leeks.

### **Monounsaturated fatty acids**

Monounsaturated fatty acids play a part in lowering your LDL cholesterol levels. They can be found in grapeseed, walnut and groundnut oils, olive oil and avocados.

### **Phytoesrogens**

Phytoesrogens reduce excess cholesterol and are rich in essential vitamins and minerals. They are found in soy, watermelon, onions, garlic and broccoli.

### **Beta-carotene**

Beta-carotene helps prevent the build-up of toxins in the arteries. It is found in spinach, tomatoes, cabbage, broccoli, peas, carrots and sweet potatoes.

*DON'T FORGET TO STRETCH!*