

## **Some Suggested Foods That Have Heart Benefits**

Your diet plays a critical part of your heart health and while some foods are obvious to avoid, it can be a challenge to have a grasp as to what is good for your heart. If you are on the search of improving your heart health and you are looking to change your diet, consider the 18 foods listed below to assist in your heart health journey. Talk with your doctor if you have any questions about your heart health and consider including any of the listed foods to see if any are right for your health.

### **1. Whole Grain Oats**

**Heart Benefits:** Soluble fiber helps to eliminate harmful compounds from the body and can even help to cleanse the body from small cholesterol compounds.

### **2. Olive Oil**

**Heart Benefits:** The good fats in olive oil help to promote heart health by increasing your good cholesterol, which also can help decrease the bad cholesterol. This effect is like what you may get from certain medications.

### **3. Avocado**

**Heart Benefits:** Avocados are an excellent source of omega-3 fatty acids, which help to improve good cholesterol levels and they also play a vital role in vascular health as well.

### **4. Almonds**

**Heart Benefits:** The heart benefits in almonds (and many nuts for that matter) involve the good amounts of potassium (good for electrical conduction of the heart), omega-3 fats (good for vascular health and cholesterol), as well as fiber (assists with cleansing bad cholesterol away).

### **5. Oranges**

**Heart Benefits:** Potassium is a vital part of the conduction system of the heart and without adequate levels of potassium; your heart health would suffer. Consuming an orange per day may not prevent the cold, but it can certainly boost your skin health and protect your heart's electrical process.

### **6. Salmon**

**Heart Benefits:** Omega-3 fats once again are a major part of this food and most single servings of salmon offer an entire days' worth of omega-3 fats.

## **7. Broccoli**

**Heart Benefits:** Broccoli is surprisingly a great source of calcium and this is an important nutrient for the conduction of your heart (and muscles). Without calcium, your heart would not be able to contract; however, too much calcium and you risk excessive fatigue.

## **8. Halibut**

**Heart Benefits:** Monounsaturated fats are important for your heart since much of these types of fats are considered omega-3 fats. These fats serve protective roles for your heart and can help to improve your overall cholesterol levels.

## **9. Cinnamon**

**Heart Benefits:** Cinnamon has been linked with blood sugar level improvements. The regular consumption of cinnamon can combat the effects of diabetes, which can also help to improve heart health. Diabetics risk not being able to notice heart attacks due to neuropathy in the body that prevents the signal of pain to the brain.

## **10. Turmeric**

**Heart Benefits:** Turmeric is a powerful spice that can benefit your heart health. For one, turmeric can help to fight inflammation in the body, and it can even assist with cholesterol levels. Consuming turmeric in high doses may have some benefit with your cholesterol levels as some people chose this option to naturally lower cholesterol.

## **11. Green Tea**

**Heart Benefits:** The antioxidants in green tea play a major heart health protective role. They may support your arterial lining and walls, not to mention provide you energy without overdoing it in the caffeine department.

## **12. Spinach**

**Heart Benefits:** Vitamin E plays an important role in your vascular health, which directly affects your heart health as well. A serving of spinach provides only about three percent, but this is enough to support your health.

## **13. Kale**

**Heart Benefits:** Together, these high amounts of nutrients make kale a good supporter for your heart health. If you are on blood thinners to support your heart, then ask your doctor about kale before eating it.

#### **14. Quinoa**

**Heart Benefits:** The vitamin E, protein, and fiber in quinoa help to support a healthy heart and can help to combat high cholesterol levels as well.

#### **15. Blueberries**

**Heart Benefits:** Consuming raw berries can help to protect your heart and vascular health from damage, thanks to the special antioxidants contained in each small berry.

#### **16. Chocolate and Unsweetened Cocoa**

**Heart Benefits:** The antioxidants that are present in the cacao is where you gain your heart health perks. These antioxidants help to fight off stress, high blood pressure, and may even help with cholesterol.

#### **17. Lentils**

**Heart Benefits:** Together, the combination of low fat, high fiber, and high protein offer protection and support to your heart health. A serving of lentils per day will fill you up and provide a much-needed health boost as well.

#### **18. Tofu**

**Heart Benefits:** The combination of having little fat, cholesterol, and even no saturated fat is a major perk for your heart health. In addition, low-sodium options can help to protect your heart from damage as well.

**For More Information See:**

<http://yourwellness.guide/2017/11/09/18-heart-healthy-foods/>