

Top 15 Foods That Are Good for Your Heart



When we talk about foods that are good for your heart, we are talking about foods that contain certain vitamins and minerals that are known to improve heart health, lower blood pressure, increase HDL (good) cholesterol, and lower LDL (bad) cholesterol. A diet rich in the following foods may improve your heart health.

Leafy Green Vegetables

Leafy green vegetables are high in vitamin K and nitrates, which can help reduce blood pressure and improve arterial function. A higher intake of leafy greens is associated with a lower risk of heart disease.

Whole Grains

Whole grains are higher in fiber than other refined grains, which may help reduce “bad” LDL cholesterol, decrease the risk of heart disease and lower blood pressure. Eating whole grains helps to lower cholesterol and systolic blood pressure and promotes a lower risk of heart disease.

Berries

Strawberries, blueberries, blackberries and raspberries contain important nutrients that play an important role in heart health. Berries are also rich in antioxidants like anthocyanins. Anthocyanins protect against the oxidative stress and inflammation thought to contribute to the development of heart disease.

Avocados

Avocados are an excellent source of heart-healthy monounsaturated fats. Monosaturated fats help to reduce levels of cholesterol and a lower risk of heart disease. There is a correlation to the monosaturated fats in a diet to reductions in “bad” LDL cholesterol. LDL is believed to significantly raise the risk of heart disease. Avocados are also rich in potassium, a nutrient that’s essential to heart health. Just one avocado supplies around 975 milligrams of potassium, which is over 25% of what you need in a day.

Fatty Fish and Fish Oils

Fatty fish and fish oil are both high in omega-3 fatty acids and may help reduce heart disease risk factors, including blood pressure, triglycerides and cholesterol.

Walnuts

Walnuts are a great source of fiber and micronutrients like magnesium, copper and manganese. Regularly eating nuts such as walnuts is associated with a lower risk of heart disease.

Beans

Eating beans has been linked to reduced levels of cholesterol and triglycerides, lower blood pressure and decreased inflammation.

Dark Chocolate

Dark chocolate is rich in antioxidants called flavonoids, which can help boost heart health. High quality dark chocolate is that with a cocoa content of at least 70%. Maintain a healthy diet and include some dark chocolate to help control cardiac disease.

Tomatoes

Tomatoes are loaded with lycopene, a natural plant pigment with very strong antioxidant properties. Antioxidants help neutralize harmful free radicals, preventing oxidative damage and inflammation, both of which can contribute to heart disease.

Almonds

Almonds contain a long list of vitamins and minerals that are crucial to heart health and are a good source of heart-healthy monounsaturated fats and fiber. Foods high in fiber and monounsaturated fats have been linked to reductions in cholesterol and belly fat.

Seeds

Chia seeds, flaxseeds and sunflower seeds are all great sources of heart-healthy nutrients, including fiber and omega-3 fatty acids. Eating seeds may improve several heart disease risk factors, including inflammation, blood pressure, cholesterol and triglycerides.

Garlic

Garlic has potent medicinal properties and research has shown garlic can even help improve heart health. This is thanks to the presence of a compound called allicin, which is believed to have a multitude of therapeutic effects. Garlic may even have anti-blood clot formation properties.

Olive Oil

Olive oil is packed with antioxidants, which can relieve inflammation and decrease the risk of chronic disease. Olive oil is also rich in monounsaturated fatty acids also believed to improve heart health.

Edamame

Edamame contains soy isoflavones, which have been shown to help decrease cholesterol levels. Edamame also contains fiber and antioxidants, which can also benefit heart health.

Green Tea

Green tea is high in polyphenols and catechins. It has been associated with lower cholesterol, triglycerides and blood pressure. If choosing prepared teas, be sure to notice if they contain large amounts of added sugar.