

List of Heart-Healthy Foods



10 Foods You Should Buy for Quick, Heart-Healthy Meals

Weeknight cooking can quickly start to feel like a chore after a long day of family errands and work. Keeping the right staples on hand makes whipping up a heart-healthy meal for you and your family simple and painless. To be sure you're never left wondering "What's for dinner?," the American Heart Association suggests having on hand these 10 healthy foods:

1. Leafy Greens

Kale, spinach, and watercress are tasty dark greens that are easy to find and can be used in different ways for different recipes. Leafy greens are also a great source of fiber, antioxidants, vitamins and minerals, which contribute to heart health.

2. Whole-Wheat Products

For pasta, breads and crackers, make the switch to whole wheat, which provides more fiber than white flour and is more filling. Make sure it's **100 percent whole wheat**, so you can enjoy the full benefits of the fiber and antioxidants.

3. Extra-Virgin Olive Oil

Olive oil is a tasty and heart-healthy alternative to butter. It is a common, healthy-fat used around the world. It promotes healthy cholesterol levels, thus offering protection from a heart attack or stroke.

4. Tomatoes

Tomatoes are high in anti-oxidants and are a great addition to any shopping list. They can be added to salads, pastas, eggs and sandwiches, tomatoes are high in antioxidants.

5. Fish

Heart-healthy fish, like salmon and tuna, are high in Omega-3s, which have consistently been proven to benefit the heart. When you can, choose wild caught fish over farmed or frozen to be sure you are getting the most health benefits.

6. Nuts

Almond and walnuts have been proven to lower the levels of total cholesterol and increase good cholesterol. Be mindful of the portion size when snacking on these savory treats — stick to one-fourth of a cup, which is about 180 calories. Great for snacking and eating on-the-go, salads, and a host of other things, heart-healthy nuts, like almonds and walnuts are a must-have staple for your kitchen cabinet.

7. Grapes

This tiny fruit packs big benefits. High in antioxidants, grapes also have phytochemicals, which provide anti-inflammatory effects that help the cardiovascular system. Serve fresh grapes on salads, by themselves or with low-fat cottage cheese or yogurt.

8. Berries

Appealing to the whole family, berries are rich in fiber and antioxidants. Plan to buy them seasonally to ensure they are at peak flavor.

9. Beans

Canned or dried, beans are high in fiber, fat free, and rich in calcium, iron and protein. Use this great, versatile ingredient to make everything from hummus to chili.

10. Quinoa

This super food is a great source of protein, which is also rich in fiber. This grain is perfect on top of salads, mixed with bean and tofu, or mixed with vegetables.

Learn more ways to take care of your heart at: www.heart.org

