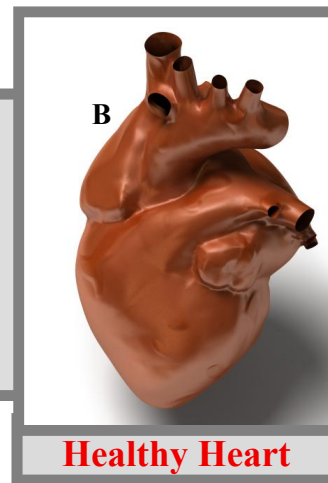




Unhealthy Heart

healthnews-stat.com/primages/heart_disease.jpg



Healthy Heart

todaysseniorsnetwork.com/Heart.jpg

The Making Of A Healthy Heart

Throughout history we have wanted a magic food to make us healthy. But heart health is not just about omega 3s and oatmeal. There's an abundance of fruits and vegetables in many colors, shapes, sizes that are good for your heart. Fresh or frozen produce is the cornerstone as it protects our blood vessels by removing free radicals. Whole grains, legumes, nuts, fish and teas offer protective **phytonutrients**. Lowering intake of trans and saturated fats and excess calories is the next step. You may think that I'm beginning to sound like your mother, nagging you to eat your vegetables and drink your skim milk, but mothers are wise and they love you!

SOME FOODS TO AVOID:

- *Butter, hard margarine and shortening
- *Cream, half n half, sour cream and cream cheese (unless fat free)
- *Whole or 2%-milk
- *Nondairy creamers
- *Cocoa butter, found in chocolate
- *Coconut, palm and palm-kernel oils
- *High fat meats (like sausage, bacon, salami, baloney, marbled steaks)
- *Pastries
- *Doughnuts
- *Soft-cheeses
- *Frosted cakes
- *Candy
- *Highly sugared cereals
- Ramen Noodles
- *Highly Processed Foods*
- deep fried foods
- *Gravy (unless fat is removed) *

6 TOP HEART HEALTHY FOODS

Blueberries and Huckleberries: These jewels top the list as one of the most powerful disease-fighting foods. They contain **anthocyanins**, the antioxidant responsible for their dark blue color. Not only delicious, these berries are packed with fiber, vitamin C, and are available all year long.

Oatmeal: Grandma called it roughage and we need plenty daily. Oats are nourishing whole grains and a source of vitamins, minerals, and cholesterol-lowering fiber. The FDA allows manufacturers to make claims about the grain content, suggesting that a diet high in oats reduces heart disease risk. Research shows oats lower cholesterol levels, keep you regular, and may help protect us from heart disease and certain cancers.

Salmon: This cold-water fish is a great source of protein and is packed with heart-healthy omega-3 fatty acids. The American Heart Association advises eating omega-3 rich foods twice a week for benefits that go beyond heart health. Overall, wild salmon is healthier than farm-raised.

Spinach: Popeye knew firsthand the value of eating his spinach. Hands down, spinach is among the powerhouse of the vegetable kingdom. Its rich, dark color comes from the multiple phytochemicals, vitamins, and minerals (especially folate and iron) that also fight disease, protect against heart disease and protect your eyesight.

Beans: Sing praise to the Royal Bean, King of Fiber, Queen of Vitamins and Minerals, and Prince of Protein.. Beans are inexpensive and a tremendous boost to heart health through the reduction of cholesterol.

Sources and more detailed information: 1) <http://www.cnn.com/HEALTH/library/NU/00196.html>
 2) <http://www.medicinenet.com/script/main/art>. 3) <http://www.americanheartassociation.com>