



Top 10 Heart Healthy Foods

1. **Salmon** - Omega-3 fatty acids. Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on.
2. **Flaxseed (ground)** - Omega-3 fatty acids; fiber; phytoestrogens. Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.
3. **Oatmeal** - Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber. Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.
4. **Black or Kidney Beans** - B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber. Give soup or salad a nutrient boost -- stir in some beans.
5. **Almonds** - Plant omega-3 fatty acids; vitamin E; magnesium; fiber; mono and polyunsaturated fats; phytosterols. Mix a few almonds into low-fat yogurt, trail mix, or fruit salads.
6. **Walnuts** - Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; mono and polyunsaturated fats; phytosterols. Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.
7. **Red Wine** - Catechins and resveratrol (flavonoids). Toast your good health! A glass of red wine could improve "good" HDL cholesterol.
8. **Tuna** - Omega-3 fatty acids; folate; niacin. Here's lunch: Salad greens, fresh fruit, canned tuna. Keep "Salad Spritzer" - a light dressing -- in your office fridge.
9. **Tofu** - Niacin; folate; calcium; magnesium; potassium. Tasty tofu is easy: Thinly slice "firm" tofu, marinate several hours, grill or stir-fry.
10. **Brown rice** - B-complex vitamins; fiber; niacin; magnesium, fiber. Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies (broccoli, carrots, spinach).

More heart healthy foods include:

Soy milk, blueberries, carrots, spinach, sweet potato, red bell peppers, asparagus, oranges, tomatoes, acorn squash, cantaloupe, papaya, dark chocolate, and tea.

Source: www.webmd.com

