



# Eating for a Healthy Heart

## Prevention is Key!

When it comes to heart disease, prevention is your best bet. High blood pressure and hypertension put undue stress on the heart, blood vessels and other organs. A person can get excellent heart health through a variety of ways, especially through a good diet.

Certain foods have been shown to be healthy for the heart. Studies, (at Harvard University), suggest just one serving of a tomato-based product can lower the risk of heart disease by up to 30%. That's a pretty significant number.

Eating fresh fruits and vegetables is good, as these foods are rich in anti-oxidants. The key here is fresh, not canned. When you buy canned, you are getting lots of sodium, which is a big factor for high blood pressure. Another way to reduce your sodium intake is using herbs and spices instead of salt.

Also, eat the skin from fruits such as apples; it contains fibre. Fibre is a key ingredient for your heart. When consumed with enough frequency, this can help to lower cholesterol.

Fish has the proven benefits of omega-3 oil, compared to the sometimes fattiness of red meat. Omega-3 may lower the risk of abnormal heart rhythms and reduce the cohesion of blood cells, which make them less likely to form clots and block arteries. Omega-3 seems to be particularly beneficial to people already at risk for heart disease and those who have experienced a heart attack.