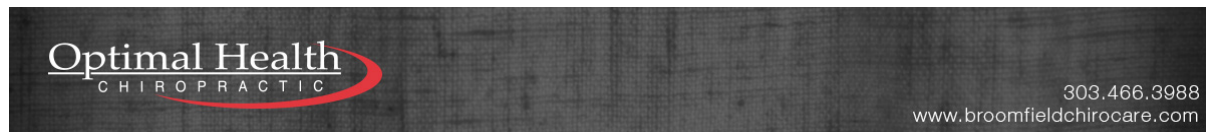


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A Shopping List for a Healthier Heart



February is heart health awareness month and usually we look at the big picture of heart health and heart disease. This February, we decided to take a closer look at heart healthy foods and which ones we can fill our grocery cart with (and our bodies) to keep our ticker ticking at tip top shape.

Overall, one of the easiest ways to spot foods that are good for your heart are to look for foods in their natural form, or “whole foods.” Some other things to look for would be avoiding extra saturated fats, by simply eating less fatty and processed meats and high fat dairy products, cutting down on sodium by checking out those nutrition facts and choosing foods that are labeled low sodium or “no salt added,” and getting more fiber by sticking with fruits, beans and whole grains.

Here’s seven of our favorite heart healthy foods:

1. It seems the #1 food on any heart healthy list is almost always fish! Look for options that are rich in omega-3’s, such as salmon, tuna, mackerel, herring and trout.
2. Nuts (like almonds and walnuts) and seeds (like flax and chia) are great ways to curb hunger and again, have those omega-3’s and fiber your heart loves.
3. For a sweet treat, try adding berries to your cereal and yogurt. Berries are filled with phytonutrients and soluble fiber - and make everything better!
4. The legume family gives your diet a big bang for your buck. Dried beans and lentils like garbanzo, pinto, kidney or black beans are high in fiber, b-vitamins, minerals and more. We have lots of recipes that use these as a main protein source, just ask if you want a recommendation!
5. How about a glass of red wine? One 4oz glass for women, and up to two for men, can help improve your good (HDL) cholesterol levels.
6. No surprise, but eat your veggies! Red, yellow and orange veggies, like carrots, sweet potatoes, red peppers and tomatoes are packed with heart healthy carotenoids, fiber and vitamins. Green veggies, like spinach, kale, Swiss chard, and even broccoli and asparagus are filled with vitamins

- C and E, potassium, folate, calcium and fiber. Eat the rainbow!
7. Lastly, fruits like oranges, cantaloupes and papayas are packed with beta-carotene, potassium, magnesium and fiber. And the good news for fruits and veggies is that frozen are just as nutritious as fresh (just watch out for any added sugars or salt!)

Ok, I know we said our seven favorite foods, but no heart healthy list would not be complete without adding in dark chocolate! The higher the percentage of cocoa the better because the fiber and protein increase with higher cocoa and sugar decreases. Win-win! (If you are trying to work your way up from milk chocolate, start with at least 70% cocoa and work your way up).

I think the best part about these foods is that it isn't a restrictive list by any means. There are so many delicious foods, from savory to sweet to even a treat or two that are easy to sneak into your meals. Hopefully a lot of these foods are already a part of your regular eating!

A healthy heart is central to overall good health. Embracing a healthy lifestyle (including what you eat!) at any age can prevent heart disease and lower your risk for a heart attack or stroke. The good news is, you are never too old or too young to start taking care of your heart.

- Dr Chris



We'll See You in the Afternoon



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Please call us with any questions or to schedule or you can always pop online to save your time: <https://optimal-health-chiropractic.genbook.com>

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