

# 15 Foods that are Good for your Heart

1. Eat fish high in omega-3s, such as salmon, tuna, mackerel, herring and trout.
2. A handful of healthy nuts such as almonds or walnuts will satisfy your hunger and help your heart.
3. Berries are chock full of heart-healthy phytonutrients and soluble fiber. Try blueberries, strawberries, cranberries or raspberries in cereal or yogurt.
4. Flaxseeds contain omega-3 fatty acids, fiber and phytoestrogens to boost heart health. Take them in ground or milled form to reap the greatest benefit.
5. Oatmeal: the comfort-food nutrient powerhouse.
6. Dark beans, such as kidney or black beans, are high in fiber, B-vitamins, minerals and other good stuff. Veggie chili, anyone?
7. A 4-ounce glass of red wine (up to two for men and one for women per day) can help improve good (HDL) cholesterol levels.
8. Try marinated tofu in a stir-fry with fresh veggies for a heart-healthy lunch or dinner.
9. Red, yellow and orange veggies such as carrots, sweet potatoes, red peppers and acorn squash are packed with carotenoids, fiber and vitamins to help your heart.
10. Popeye was right – spinach packs a punch! Use it in sandwiches and salads instead of lettuce.
11. Fruits such as oranges, cantaloupes and papaya are rich in beta-carotene, potassium, magnesium and fiber.
12. Tender, sweet asparagus is filled with mighty nutrients such as beta-carotene, folate and fiber, and only provide 25 calories per cup, or 5 calories per large spear.
13. Tomatoes – even sun-dried varieties in winter months – provide lycopene, vitamin C and alpha- and beta-carotene.
14. Dark chocolate is good for your heart health, but just be sure that it's at least 70 percent cocoa.
15. Crisp, fresh broccoli florets dipped in hummus are a terrific heart-healthy snack with a whopping list of nutrients, including vitamins C and E, potassium, folate, calcium and fiber.

Source: <https://health.clevelandclinic.org>

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