

5 Foods That Improve Your Heart Health

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Maintaining a healthy lifestyle can be a challenge, there's so much to think about, and it's easy to feel overwhelmed. As we age it's important to protect our cardiovascular health. Luckily there are lots of steps you can take. The key to a healthy heart is a healthy diet. Here are some of the best foods that you can eat to improve your heart health.

1 . Fish

Fish is one of the best foods that you can eat to protect your heart health. According to the [Mayo Clinic](#), "Omega-3 fatty acids and other nutrients in fish may benefit heart health and reduce the risk of dying of heart disease." Fish isn't just great for your heart health, studies have shown that fish is an excellent food to boost the mood and support the health of the brain.

2. Green vegetables

Green veggies are packed with antioxidants, minerals, and vitamins. Veggies like kale and spinach are particularly good for your heart health, these are loaded with vitamin K, which supports healthy blood clotting, and protects the arteries. According to [Health Line](#), "some studies have found a link between increasing your intake of leafy green vegetables and a lower risk of heart disease."

3. Berries

Berries are a great food to maintain your heart health, they contain antioxidants that can prevent oxidative stress, and reduce your risk of heart disease. There are several other health benefits of eating berries, including:

- Berries are an excellent source of fiber.
- These fruits can help the body to fight inflammation.
- Evidence shows that berries are also effective for skin health.
- Berries are loaded with the nutrients that your body needs.

4. Whole grains

Whole grains are also great for heart health, you can choose from several grains including barley, oats, brown rice, quinoa, and whole wheat. Grains contain a lot of fiber, and fiber can help to lower cholesterol and reduce the risk of heart disease.

5. Natural blood thinners

Some foods are [natural blood thinners](#), and these are also helpful to support heart health. A few key examples include garlic, ginger, and grape seed extract. Learning about foods that benefit the heart is a great way to improve your health.

Other ways to improve your heart health

There are various other ways that you can improve your heart health including:

1 . Reduce stress

Stress symptoms can eventually lead to heart conditions. To protect your heart youâ€™™ll need to have stress coping strategies. The best ways to ease stress include yoga, deep breathing, aromatherapy, and journaling.

2. Plenty of exercise

Exercise will help you to improve your cardiovascular health, in particular, try activities such as running, cycling, or swimming. If you prefer to exercise at home there are plenty of different exercise apps that you can try.

As you can see there are lots of different ways that you can take care of your heart. Looking after your body will give you peace of mind, helping you to [improve your wellbeing](#) at the same time.

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