

## [HEART HEALTHY FOODS](#)



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Heart disease accounts for nearly one-third of all deaths worldwide (1). Diet plays a major role in heart health and can impact your risk of heart disease. In fact, certain foods can influence

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### **Our Top 15 Heart Healthy Foods EatingWell**

15 Best Heart-Healthy Foods. Eating for a healthy heart means filling your plate with heart-healthy foods like fruits and vegetables, paying attention to fiber, eating fish a couple times a week, eating healthy fats and limiting unhealthy fats like trans fats, as well as salt. And although no single food is a cure-all, certain foods have been shown to improve your heart health. Find out how these 15 foods may help lower your risk of heart disease.

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### **22 Heart Healthy Foods to Fuel Your Cardiac Diet Cooking**

Heart Healthy Foods. When you re following a cardiac diet, it s important to eat plenty of heart healthy foods, including fruits and vegetables, and foods rich in fiber and Omega-3 fatty acids.

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### **Heart healthy diet 8 steps to prevent heart disease**

Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply want to fine-tune your diet, here are eight heart-healthy diet tips.

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