

FOODS FOR HEART HEALTH



TOMATOES

This fruit contains lycopene, an antioxidant which may help protect against heart attacks and strokes.



TUNA

A good source of Omega 3 fats, which are linked with lower levels of cholesterol and tryglycerides.



AVOCADO

Rich in healthy fats and potassium, avocados may help manage total cholesterol and reduce heart disease risk.



BEANS

Beans are filled with fiber, which may help lower LDL cholesterol levels. Beans are also rich in heart-healthy vitamins and minerals.



GARLIC

Garlic has therapeutic properties thanks to a compound called "allicin" which may help lower blood pressure.



BLUEBERRIES

This berry is an excellent source of anthocyanins, an antioxidant that may help reduce excess inflammation.