



## ORANGES

These juicy gems are filled with vitamin C, fiber, and potassium, all nutrients your heart needs. Oranges also have high levels of folate, a B vitamin that helps the body lower levels of amino acids that can lead to heart issues.



## SALMON

This fish is filled with protein to keep you full and it contains omega-3 fatty acids which can reduce inflammation throughout the body. Omega-3s are also thought to lower blood pressure.



## SPINACH

This leafy green is full of potassium, fiber, lutein, and folate, which the body needs on a daily basis. The folate is essential for building red, healthy blood cells needed for optimum heart health.



## GARLIC

This herb can lower LDL and total cholesterol, which can potentially lower your risk for heart disease. Add to salmon dishes to double-up on heart health benefits!



# 7 Healthy Foods to Keep Your Heart Happy



## OLIVE OIL

Trickle olive oil on salads, pastas, and more when you're cooking for a dose of unsaturated fats to help raise HDL — the "good" cholesterol levels.

Here are some of the most delicious and nutritious food options you can eat to keep your heart strong and healthy. Eat a few of these a day to keep the cardiologist away!



## DARK CHOCOLATE

Aside from being delicious, quality dark chocolate eaten in moderation can raise HDL and reduce insulin resistance, a common risk factor for heart disease.

## AVOCADO

Avocados are filled with nutrients that can help reduce your risk of heart disease by lowering bad cholesterol levels. Try it mashed up on toast, in guacamole (minus the sour cream), or cut in half with sea salt sprinkled on it.

