

Heart Healthy Choices

Include whole, fresh, high fiber foods

- All green leafy vegetables, especially cabbage, spinach, broccoli, kale, dandelion greens, and all seaweeds, particularly nori.
- A variety of vegetables is important in any diet, but asparagus, bell pepper, tomato, celery, cucumber, radish, mushrooms, and the garlic and onion family are excellent choices for heart health.
- All fresh fruit, especially the citrus family, apple, and banana.
- Bran and whole grains, particularly oats, rye, amaranth, buckwheat, rice, and sprouted wheat.
- All legumes, particularly soy and soy products, mung beans, peas, lentils
- Nuts and seeds, especially almond, walnut, hazelnut, flax seed, pumpkin and poppy seeds, and sunflower sprouts.

Include Heart-healthy fats

- Use only cold pressed oil; rancid oils are harmful.
- Use monounsaturated olive oil (the dark green extra-virgin is best) for cooking.
- Eat omega 3 sources such as deep water fish (sardines, salmon, mackerel), and flax seed or flax seed oil (never cook with flax oil – use as salad dressing or add to foods after they are cooked).
- Ground flax seed (flax meal) should be stored in the freezer to reduce rancidity
- Flax oil should always be stored in the refrigerator.
- Use grape seed oil for an omega 6 source (do not cook with grape seed oil; use only as salad dressing or to “dress” your vegetables).

And...

- Olive, flax and grapeseed oils may be mixed with vinegar or lemon juice and your favorite herbs for a heart-healthy dressing to top salads and veggies.
- Onions, apples, and black tea (contain high amounts of quercetin, a bioflavonoid that acts as an antioxidant).
- Raw honey is the most acceptable sweetener.
- Turmeric is a beneficial anti-oxidant and anti-inflammatory spice.
- Fresh parsley.
- Foods with a low glycemic load have been shown to increase HDL-Cholesterol – see Dysglycemia Diet
- Avoid saturated fats from: fried foods, processed lunch meats, red meats, mayonnaise, dairy fat, margarine, and any food containing “hydrogenated” or “partially hydrogenated” oils.
- Avoid refined sugars have been shown to increase LDL cholesterol and decrease HDL