

Top 25 Heart-Healthy Foods*

1. **Acorn squash** – Beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; calcium; magnesium; potassium; fiber. *Serve with spinach, pine nuts and raisins.*
2. **Asparagus** – Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; fiber. *Grill or steam lightly, then dress with olive oil and lemon.*
3. **Avocados** – Beta-sitosterol, beta-carotene and lutein. *Mash up some avocados, onion, tomatoes and lime juice to make a wonderful guacamole snack.*
4. **Black or kidney beans** – B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber. *Give soup or salad a nutrient boost.*
5. **Berries** – Beta-carotene and lutein (carotenoids); anthocyanin (a flavonoid); ellagic acid (a polyphenol); vitamin C; folate; calcium, magnesium; potassium; fiber. *Berries are great for trail mixes, muffins and salads.*
6. **Broccoli** – Beta-carotene (a carotenoid); vitamins C and E; potassium; folate; calcium; fiber. *Chop fresh broccoli into store-bought soup. For a veggie dip, try hummus (chickpeas).*
7. **Brown rice** – B-complex vitamins; fiber; niacin; magnesium, fiber. *Stir in a few chopped vegetables such as broccoli, carrots or spinach.*
8. **Cantaloupe** – Alpha and beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; potassium; fiber. *A ripe cantaloupe is perfect for breakfast, lunch and potluck dinners.*
9. **Carrots** – Alpha-carotene (a carotenoid); fiber. *Baby carrots are good for lunch.*
10. **Dark chocolate** – Resveratrol and cocoa phenols (flavonoids). *A truffle a day lowers blood pressure, but choose a dark chocolate treat with 70 percent or higher cocoa content.*
11. **Flax seed** (ground) – Omega-3 fatty acids; fiber, phytoestrogens. *Ground flax seed hides easily in all sorts of food – morning cereal, homemade muffins or oatmeal cookies.*
12. **Nuts** – Plant Omega-3 fatty acids. *Nuts add flavorful crunch to salads, wheat pastas, trail mixes and muffins.*



13. **Oatmeal** – Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber. *Mix in fresh berries with hot oatmeal.*
14. **Olive oil** – Phenols and vitamin E. *Add a tablespoon a day to your lunch or dinner.*
15. **Oranges** – Beta-cryptoxanthin, beta and alpha-carotene, lutein (carotenoids) and flavones (flavonoids); vitamin C; potassium; folate; fiber. *Sliced oranges are a good and healthy snack.*
16. **Papaya** – Beta-carotene, beta-cryptoxanthin, lutein (carotenoids); vitamins C and E; folate; calcium; magnesium; potassium. *Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.*
17. **Red wine** – Catechins and resveratrol (flavonoids). *Red wine could improve “good” HDL cholesterol.*
18. **Salmon** – Omega-3 fatty acids. *Grill and eat with wheat pasta or salad.*
19. **Soy milk** – Isoflavones (a flavonoid); B-complex vitamins; niacin; folate, calcium; magnesium; potassium; phytoestrogens. *Soy milk is great over oatmeal or wholegrain cereal.*
20. **Spinach** – Lutein (a carotenoid); B-complex vitamins; folate; magnesium; potassium; calcium; fiber. *Pick spinach for nutrient-packed salads and sandwiches.*
21. **Sweet potato** – Beta-carotene (a carotenoid); vitamins A, C, E; fiber. *Microwave in a Ziploc® baggie for lunch. Eat plain or with pineapple bits.*
22. **Tea** – Catechins and flavonols (flavonoids). *Make sun tea: Combine a clear glass jar, several tea bags and hours of sunshine.*
23. **Tofu** – Niacin; folate; calcium; magnesium; potassium. *Thinly slice “firm” tofu, marinate for several hours then grill or stir-fry.*
24. **Tomatoes** – Beta and alpha-carotene, lycopene, lutein (carotenoids); vitamin C; potassium; folate; fiber. *Try oil-packed tomatoes in sandwiches, salads and wheat pastas.*
25. **Tuna** – Omega-3 fatty acids; folate; niacin. *Mix salad greens, fresh fruit and canned tuna. Use a light, oil-based dressing.*

For more heart health tips, please call 321.8HEALTH (321.843.2584) or visit orlandohealth.com/moveit.

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