

## Let's talk heart to heart!

From breakfast to dinner (and snacks in between) you're entire day can be heart-healthy! A good-for-your-ticker diet doesn't have to be bland or boring, as we show you here with these *heart-y* foods that will leave you satisfied. But heart-healthy is not only about oatmeal and omega-3 fats. You need to look for ways to get all the different nutrients. Plus, you'll stick to a heart-healthy lifestyle longer if you have variety. The foods listed here are all top-performers in protecting your heart and blood vessels.

### **Salmon**

Omega-3 fatty acids.

Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on.

### **Flaxseed (ground)**

Omega-3 fatty acids; fiber, phytoestrogens.

Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.

### **Oatmeal**

Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber.

### **Black or Kidney Beans**

B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber.

Give soup or salad a nutrient boost -- stir in some beans.

### **Almonds**

Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats.

Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

### **Walnuts**

Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; heart-favorable mono- and polyunsaturated fats.

Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.



### **Brown rice**

B-complex vitamins; fiber; niacin; magnesium, fiber.

Stir in a few chopped veggies (broccoli, carrots, spinach).

### **Blueberries**

Vitamin C; folate; calcium, magnesium; potassium; fiber.

Cranberries, strawberries, raspberries are potent, too!

### **Carrots**

Alpha-carotene (a carotenoid); fiber.

Baby carrots are sweet for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.

### **Spinach**

Lutein (a carotenoid); B-complex vitamins; folate; magnesium; potassium; calcium; fiber.

Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.

### **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).

### **Sweet potato**

Beta-carotene (a carotenoid); vitamins A, C, E; fiber.

### **Red bell peppers**

Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; potassium; fiber.

Rub with olive oil, and grill or oven-roast until tender. Delicious in wraps, salads, sandwiches.

### **Asparagus**

Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; fiber.

Grill or steam slightly, then dress with olive oil and lemon.

### **Oranges**

Beta-cryptoxanthin, beta- and alpha-carotene, lutein (carotenoids) and flavones (flavonoids); vitamin C; potassium; folate; fiber.

### **Cantaloupe**

Alpha- and beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; potassium; fiber.

### **Papaya**

Lutein (carotenoids); Vitamins C and E; folate; calcium; magnesium; potassium.

**Weekly Challenge:** Start with a 10 second wall-sit and increase your wall-sit time by 5-10 seconds every day. Work your way up to a 60 second wall-sit!



**Wall-sit form:** Back flat against wall, knees at a 90 degree angle, look straight ahead, and hold position for desired amount of time.

