

The Top 25 Heart Healthy Foods

The Heart of the Matter

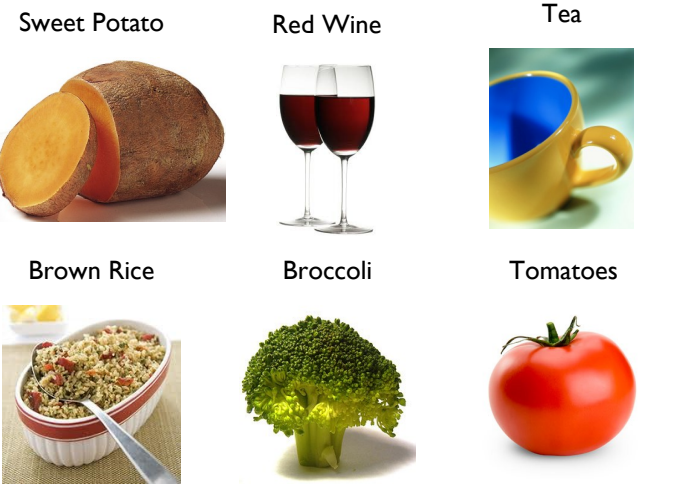
We all want to live a long and active life but many people tend not to realize how the choices we make on a daily basis directly influence the duration and quality of our lives. Take your heart for example, there are many great tasting foods you can add to your diet that will keep your heart in great condition for a long time to come.

Whole Foods

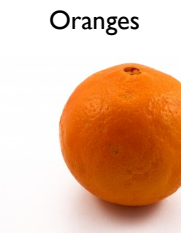
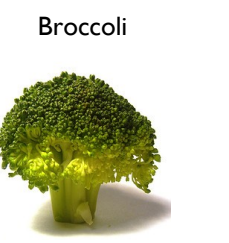
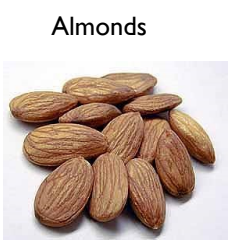
Dietitian Julia Zumpano, RD., LD. with the Preventative Cardiology Center at the Cleveland Clinic recommends a "...whole-food diet. You want everything to be in its natural form, as it comes from the ground, the less processed the better,"(Davis, 2007). She continues "there really is an abundance of fruits and vegetables in many colors, shapes, sizes that are good for your heart... You can definitely reduce your risk of developing cardiovascular disease by eating these foods every day."(Davis, 2007).

The Top 25

Jeanie Davis of WebMD.com along with the Cleveland Clinic and the American Dietetic Association have come up with the top 25 heart healthy foods pictured here:



Sources
 Davis, Jeanie Lerche (2007). 25 Top Heart-Healthy Foods. WebMD.com. Available at: <http://www.webmd.com/food-recipes/features/25-top-heart-healthy-foods>
 Watson, Stephanie (2009). Amazing Facts About Heart Health and Heart Disease. WebMD.com. Available at: <http://www.webmd.com/heart/features/amazing-facts-about-heart-health-and-heart-disease>



Sources
 Davis, Jeanie Lerche (2007). 25 Top Heart-Healthy Foods. WebMD.com. Available at: <http://www.webmd.com/food-recipes/features/25-top-heart-healthy-foods>
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Heart Facts: Every day your heart...

- Beats about 100,000 times
- Pumps about 2,000 gallons of blood through your body
- Transports blood through about 60,000 miles of blood vessels (Watson, 2009)

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