

# You Can Eat For A Healthy Heart

Contributed by Webmaster

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Bad cholesterol or a bad diet is something we all experience at some point in time. It's impossible to eat healthy our whole lives, even though we may try hard to do it. Eating healthy for your heart is something everyone should try to do, especially when it comes to restoring health and reducing heart attacks.

Your heart and food We know these things for sure - a diet high in saturated fats will help raise your cholesterol, which is a risk factor for heart disease. People that are obese are more prone to heart disease. A diet high in sodium may elevate your blood pressure, leading to inflammation and even heart disease. To help prevent heart disease and improve your health, put the tips below to good use.

Eat plenty of fish Herring, sardines, and salmon are all excellent sources of Omega 3 essential fatty acids. Other fish are great to, although Omega 3 may help to get your cholesterol down to a healthier level.

Choosing healthy fats and oils Saturated fat will increase the risk of heart disease. It's found in meat, butter, and even coconut oil. You should avoid them until your cholesterol levels are down and you are at a healthy weight. Even those that love red meats can enjoy seafood and nuts for their main sources of protein.

Monounsaturated fats such as olive oils will help you to protect your heart. Olive oil is an ideal choice for cooking, dressing, or even as a dipping sauce.

Plenty of fiber Fiber can help you control your cholesterol. You can find fiber in whole grain products to help control sugar absorption as well, which will help you keep your digestive system healthy.

Choosing carbohydrates Eating for your heart involves staying away from sugary foods such as candy, cookies, cakes, and pastries. Eating a lot of sugar isn't good for your heart disease at all. Healthy carbohydrates involve whole grain breads, whole grain pasta, brown rice, and a lot of vegetables. You should make fruits and vegetables the main aspect of your diet.

Healthy cooking methods Stir frying and sauteing with olive oil or canola oil are both great methods, as you shouldn't dip your food in batter and fry it anymore. If you cook chicken, remove the skin and bake it in the oven in foil.

Instead of frying your fish you should always bake it. Steaming your vegetables can help maintain the most nutrients. You should use cream sauces or lots of butter anymore either. When you eat vegetables, try squeezing lemon juice on them or using your favorite seasonings.

As you make the proper changes to your diet, keep in mind that it takes time for them to become habits. Eating healthy is always great for your body and your lifestyle, especially when it comes to your heart and the prevention of heart disease.

Visit [Cholesterol Guidelines](#) to learn about normal cholesterol levels and high cholesterol foods.

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