# What Are Top 6 Foods That Prevent Heart Disease? Tips and Recommendations Included

Everyone should know that regular exercise, weight control and **foods** to prevent heart diseases are critical for every person's **health** and well-being in general. If you have **heart disease,** or try to avoid having it, you should be aware of what **foods** to consume. However, sometimes it' can be rather challenging to change eating habits and current diet. But once you find out what foods to eat and which to limit, you'll be on the right track towards good **health**, strong heart and abundance of life.

## TOP 6 Foods for Every Health

1. Vegetables. Vegetables add fiber to the organism, which limits cholesterol absorption and reduces risks of **heart disease**. Vegetables with dark green leaves, as broccoli, spinach provide our organism with potassium, iron, vitamin K and other minerals. Eat carrots and sweet potatoes as they contain vitamin A and vitamin C that protect heart.
2. Fruit. It's no secret that all the fresh fruit are a great source of fiber and vitamin C, berries contain lots of antioxidants and vitamins. Prunes can also be of use as they provide our organism with iron and fiber and reduce cholesterol.
3. Fish. Such types of fish as trout, salmon, mackerel, herring, sardines and tuna are high in omega-3 acids that reduce the risk of **heart disease** and lower blood pressure. These oily **foods** are a source of minerals which protect your **health** as a whole.
4. Nuts. Consume walnuts, almonds and other nuts as they are rich in fiber and omega-3 fatty acids. They are considered to be healthy food.
5. Poultry. Most people forget that poultry isn't about taste only, but also about **health**. Skinless chicken or turkey breast is always better than any other greasy and fatty **foods** that are a reason of coronary **heart disease**.
6. Dairy products. Yogurt, cheese, butter, creamy sauce - these are tasty, but not at all healthy **foods** unless they are low-fat or fat-free.

## Products You Should Eat Less

* high in sodium packaged **foods**
* red meat, fried chicken, bacon, sausage
* foods containing saturated fats and trans fats
* dairy products like cheese and yogurt, whole milk and egg yolks

## Control Sizes of Your Portions

Besides knowing what products to eat, you should also be aware of portion size. If you overload your plate with food and it everything in no time as if hurrying somewhere, it will only lead to more calories, cholesterol and fats. Do you remember the last time you were at the restaurant? Remind yourself on the size of portions there and try to repeat the same at home. A person should eat that amount of **foods** that can fit his/her palm. You might also need to purchase special measuring cups or a scale to help you control sizes of portions.

## Give Yourself a Treat

It's no secret that keeping to a diet can be exhausting and difficult, that's why you are SOMETIMES allowed to have an occasional treat. We emphasize - sometimes, because you shouldn't get used to it in order not to ruin the process of healthy eating. A candy bar or some of potato chips won't cause a heart attack at the moment you put them into your mouth. Just remember to consume healthy **foods** for most of the time.

## Make Up Your Daily Menu

Now that you know what **foods** are healthy for your heart and which should be excluded from your diet, you can create your own daily menus according to the rules. When choosing **foods**, increase the number of vegetables, fruit and grains, select low-fat or no-fat food, don't add spices (especially salt), watch sizes of portions and improvise. Add varieties to your daily menu - it will make the process less boring and more useful.

Eat healthy, be strong, and live long.