

5 Heart Healthy Foods



Dark Leafy Greens (Spinach, Kale, Swiss Chard)

- High in nitrates, which help lower blood pressure and improve artery function. Leafy greens are also rich in vitamin K to support blood vessel health.

Berries (Blueberries, Strawberries, Raspberries)

- Packed with anthocyanins, antioxidants that reduce oxidative stress and inflammation.

Nuts & Seeds (Walnuts, Almonds, Chia, Flax, Hemp)

- High in omega-3 fatty acids, fiber, and plant sterols, which reduce LDL cholesterol and inflammation.

Fatty Fish (Salmon, Sardines, Mackerel)

- Rich in EPA & DHA omega-3s, which reduce triglycerides and lower blood pressure.

Dark Chocolate (70% Cacao or Higher)

- Contains flavonoids that improve blood vessel function and reduce blood pressure. Helps lower inflammation and improve circulation.



Note: This information is not meant as medical advice or an alternative to treatment by a doctor



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5 Holistic Strategies for Heart Health

Prioritize Stress Management

- Chronic stress raises cortisol levels, which increases the risk of high blood pressure and heart disease.
- Try deep breathing, meditation, or yoga to activate the parasympathetic nervous system and lower heart rate.

Optimize Your Diet for Blood Sugar Balance

- Blood sugar spikes contribute to inflammation and increase heart disease risk.
- Pair protein and healthy fats with carbohydrates, choose fiber-rich whole foods, and enjoy sweet treats after a balanced meal.

Incorporate Daily Movement (Beyond the Gym)

- Regular movement improves circulation, lowers cholesterol, and reduces inflammation.
- Take walking breaks, do 2 minutes of squats or dance to your favorite song.

Support Gut Health for a Stronger Heart

- A healthy gut microbiome plays a role in reducing inflammation and balancing cholesterol levels.
- Eat fermented foods, fiber-rich foods and incorporate prebiotics to support a healthy gut ecosystem.

Create a Heart-Healthy Sleep Routine

- Poor sleep is linked to higher blood pressure, increased stress hormones, and a higher risk of heart disease.
- Set a consistent bedtime, limit caffeine in the afternoon, and use a 10-minute wind-down routine—like stretching or deep breathing—to improve sleep quality.

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Scientific Studies & Resources

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