

## Tomatoes and other products that need to eat in July the most useful for the heart

Maintaining heart health is important for a long life without chronic diseases. Certain products can help in this.

**Blueberry.** It contains many anthocyanins, which are distinguished by antioxidant and anti-inflammatory effects. Studies show that the use of blueberries helps reduce the overall level of cholesterol and the level of inflammation markers.

**Avocado.** Only a third of this fruit contains about 20 vitamins, minerals and phytonutrients and 5 g of mono-saturated fats. These beneficial fats reduce the level of harmful cholesterol and help prevent the occurrence of a stroke and heart disease.

**Kale.** It contains a large amount of vitamins A, C and K, folic acid, potassium, calcium.

**Sardines.** These fish are rich in omega-3 fatty acids. According to the results of research, the use of fat fish at least twice a week has a positive effect on the cardiovascular system.



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**Tomatoes.** They are distinguished by a high level of lycopine, which reduces inflammation and oxidative stress. These are all the main factors in the development of heart disease.

**Flax seeds.** Regular use of flaxseed is associated with improving the function of arteries and a decrease in the likelihood of developing cardiovascular diseases. To get maximum benefit, choose ground seeds, as they are easier to absorb.

**Garlic.** It contains allicin, which contributes to a decrease in blood pressure and supports the work of the heart and blood vessels.

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