

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.

Sardins. 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 lycopene, 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.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.