

Cardiovascular diseases are the main cause of death around the world. Doctors told what food they eat themselves to maintain heart function and advise their patients.

**Beans and lentils.** They contain a lot of soluble fiber, which reduces the level of harmful cholesterol. This was said by Dr. Tiffany di Pietro. In addition, these products are rich in potassium necessary to control blood pressure.

**Fat fish.** Dr. Fadi N. Chaaban regularly consumes fatty fish. This is an excellent source of omega-3 fatty acids that reduce inflammation, reduce blood lipids, blood pressure, and improve the elasticity of blood vessels.

**Orekhova.** Dr. John P. Higgins recommends to include them in the diet. Studies show that regular use of almonds significantly reduces the level of harmful cholesterol and inflammation markers.



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**Fruits.** If you want sweets, then Dr. Joyce Oen-Yao advises a snack with dried fruits. It is

best to eat prunes, kuraga, raisins. They are rich in fiber and other nutrient compounds that protect against heart diseases.

**Whole grain products.** Replace white bread and white pasta and whole grain. Dr. Bradley server notes that whole grains (oatmeal, brown rice) contain fiber that reduces the level of harmful cholesterol in the blood.

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