

Studies and opinions of experts show that many “bad” products are undeservedly demonized for the heart. Here are six examples of such food.

Eggs. According to recent studies, moderate egg consumption (up to one piece per day) is not associated with an increased risk of heart disease. Moreover, eggs are an excellent source of full-fledged protein and choline. The last element supports the health of the heart and brain. Antioxidants useful for the heart are contained in the yolk.

Fat dairy products. This is yogurt and milk. However, one review article notes that the use of dairy products with a high fat content is not associated with an increase in the risk of developing cardiovascular diseases and may even have a protective effect.

Mollusks. They are rich in omega-3 fatty acids useful for the heart and contain little saturated fats. Thanks to this, they are useful for the heart and blood vessels. One or two portions of mollusks per week can even reduce the risk of coronary heart disease, stroke and death.



Photo: Robbie Lozano. Evewell Design

Coffee. Its moderate consumption (about two or three cups per day) is associated with the benefit of heart health. According to one major study, coffee lovers have significantly reduced the risk of heart disease.

Potato. This is a vegetable rich in fiber, energy complex carbohydrates, vitamin C and potassium. The latter plays the main role in the regulation of pressure. To get more fiber from potatoes, bake it in a peel or cook.

Chocolate. Dark chocolate with cocoa content 70% or more in moderation can be useful for the heart. The thing is that cocoa contains many flavonoids – plant substances that help reduce blood pressure and improve blood circulation. Scientific research confirms these benefits for health.

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