

HEART HEALTHY SNACKS



Did you know that according to the American Heart Association, heart disease is the number one killer of women, and is more deadly than all forms of cancer. Heart disease accounts for one in every four male deaths in the U.S. One way to stop this trend is to adopt healthy eat habits.



Berries

Blueberries, strawberries, blackberries, and raspberries are packed with antioxidants that can help protect against many things that contribute to heart disease!



Nuts

Almonds and walnuts alike can help reduce LDL (bad) cholesterol and are great sources of fiber.



Gogi Berries

Goji berries contain a lot of essential amino acids. They also have potent antioxidants, which help control and reduce inflammation and protect against disease!



Sunflower Seeds

Sunflower seeds are a GREAT source of polyunsaturated fats (the good kind)! These help reduce LDL cholesterol and control blood pressure



Dark Chocolate

Dark chocolate contains a compound called epicatechin, which boosts nitric oxide. Nitric oxide can help control blood pressure and help with healthy blood vessels! Dark chocolate you are eating should have at least 70% cocoa content.



Popcorn

Popcorn contains antioxidants called polyphenols, which are linked to improving heart health. Just be sure to watch the stuff you put on it!