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# **Helping Your To Be Healthy And Strong with Food**

You already have some knowledge of how essential it is to have a healthy heart. Obviously, if your heart isn't healthy then the rest of you isn't going to be healthy either. You already are aware that regular exercise and a healthy lifestyle are imperative in terms of the overall health of your heart. Are you aware, though, that there are some foods that can help your heart be healthy? Keep on reading to learn which foods are best for your heart.

Beans--would you believe it?--are super good for your heart. The after effects of consuming them might not have a pleasant smell, but they're great for your body. This does not mean, however, that simply eating beans will make your heart be a great deal healthier or counterbalance the effects of unhealthy foods you might be eating. What we are saying is that subbing in beans or edamame for the chicken on your green salad or eating a soy burger instead of a beef hamburger is a great idea. The good news is that beans are delicious--good enough that you might not miss the meat.

Be aware that blueberries are good for your heart. You should know that blueberries have lots of antioxidants, especially pterostilbene. Pterostilbene acts pretty much like the resveratrol that is found in grapes. This particular antioxidant can help your body improve its ability to break down the fat and cholesterol you take in. When your body is efficient at breaking down these things, they won't build up in your body and or cause heart problems. That just means that it helps keep your heart as healthy as it can be.

Know that fish is one of the healthiest meats out there. You already know this since, by now, you've probably been instructed to consume fish at least twice a week. This is especially true for people whose hearts aren't healthy or doing well. Be aware that fish has lots of Omega 3's which are what allows your body to break down bad cholesterol. Try to eat fish during at least two meals per week.

Can you recall being told "an apple a day keeps the doctor away"? The truth is that apples contain plenty of great stuff in them to help promote a healthy heart. Apples are known to be rich in soluble fiber which scrubs your artery walls so that cholesterol and fat can't take hold or cause clogging. The truth is that eating just one Red Delicious apple every day can make your LDL levels drop by as much as 8%. This is a great number for a person who wants his or her heart to be healthier.

There are tons of foods that you can consume that will be good for your body. It's true that each of the food mentioned in this article can help your body in a variety of ways. They are essentially good, though, for keeping your heart as healthy as it can be. Try incorporating these foods in your diet regularly. Your heart is going to be so much healthier if you do!