



[Home](#) / [Lifestyle](#) / [Living with Heart Disease](#) / 10 Superfoods To Ward Off Heart Disease

# 10 Superfoods To Ward Off Heart Disease





Give your heart a boost and prevent cardiovascular diseases like stroke and heart disease by chowing down on superfoods. Aim for foods rich in nutrients, fiber and healthy fats.

Check out the 10 heart-smart picks below.

## Avocado

has a well-established reputation for providing the body and heart with healthy fats, antioxidants and potassium.

So, it's no surprise that these little green fruit may lower heart disease risk factors, such as [cholesterol](#).

## Heart Disease Superfoods: Blueberries

According to a 2013 [study](#), women aged 25 to 42 who gobbled up more than three servings of blueberries and strawberries in a week reduced their risk of heart attack by 32 percent when compared to those who consumed less.

Researchers credited the benefit to compounds known as *anthocyanins* (which give berries their color) and flavonoids which may decrease hypertension.

## Citrus

A 2012 [study](#) indicates that women who “consume higher amounts of a compound in citrus fruits, especially oranges and grapefruit, may lower ischemic stroke risk” by 19 percent.

Citrus is also high in vitamin C, which has been linked with a lower risk of heart disease.

## Dark chocolate

It contains flavonoids called polyphenols, which can reduce the risk of nonfatal heart attacks and stroke.

A 2010 [study](#) also found that dark chocolate (made up of at least 60-70% cocoa) may reduce blood pressure, clotting and inflammation.

## Heart Disease Superfoods: Mixed Nuts

Consider mixed nuts like almonds, walnuts, pistachios, peanuts and macadamia nuts are an excellent source of heart-healthy fiber. Also containing vitamin E, adding nuts to your diet may help lower LDL, or “bad” cholesterol.

## Oatmeal

It is high in soluble fiber (beta-glucan), which has been linked to lowering cholesterol as well as boosting the immune system.

## Heart Disease Superfoods: Pomegranates

It contains a plethora of antioxidants, including polyphenols and anthocyanins which help stave off hardening of the arteries. According to a 2005 [study](#), patients with heart disease found that a daily dose of pomegranate juice over three months improved blood flow to the heart.

## Salmon

It is high in omega-3 fatty acids. Past research shows that these fats can both lower the risk of arrhythmia (irregular heartbeat), atherosclerosis (plaque buildup in the arteries) as well as decrease [triglycerides](#) (fat around your blood).

# Soy

Soy products, like tofu and soy milk, allow for the consumption of protein without unhealthy fats and cholesterol.

According to the [American Heart Association](#), soy also contains high levels of polyunsaturated fats, fiber, vitamins and minerals that can reduce LDL, commonly called “bad” cholesterol.

## Heart Disease Superfoods: Tomatoes

These are rich in potassium as well as a good source of the antioxidant lycopene. [Lycopene](#), a “non-provitamin,” is a carotenoid that gives the tomato its reddish hue. It’s also responsible for ridding the body of “bad” cholesterol, keeping blood vessels open and reducing your risk of heart attack.

April 29, 2021 by Ruthie Hawkins, BlackDoctor.org Contributor