

## Eat Your Way to a Healthy Heart

### Ten Foods That Can Save Your Heart:

1

#### Avocado

This powerhouse healthy fat is also rich in potassium, which is a nutrient that's essential to having a healthy heart

2

#### Berries

Blueberries are the gladiators of the bunch - Strawberries, blueberries, blackberries, and raspberries are jam-packed with essential nutrients that play a central role in heart health

3

#### Walnuts

Studies suggest that walnuts can help reduce cholesterol and blood pressure and may be associated with a lower risk of heart disease

4

#### Black Beans

Beans are high in resistant starch and have been shown to reduce cholesterol and triglycerides, lower blood pressure and decrease inflammation

5

#### Salmon

Salmon and other fatty fish and fish oil are high in omega-3 fatty acids and may help reduce heart disease risk factors, including blood pressure

6

#### Beets

Beets contain a high concentration of nitrates, which can help lower your blood pressure levels

7

#### Olive Oil

Olive oil is high in antioxidants and mono-unsaturated fats. It has been associated with lower blood pressure and can decrease your risk for heart disease

8

#### Dark Chocolate or Cacao

Dark chocolate is rich in antioxidants like flavonoids, which can help boost heart health

9

#### Leafy Green Vegetables

Studies show that a higher intake of leafy greens, like spinach or kale, are associated with a lower risk of heart disease

10

#### Green Tea

Acts as an antioxidant to prevent cell damage, reduce inflammation and protect the health of your heart





# Heart Healthy Recipe Highlight

## Tailgate Chili

This family favorite is brimming with goodness and cooks in only about 30 minutes. Ladle it up and let everyone personalize it with their choice of toppings.

### Ingredients:

#### Chili:

- Cooking spray
- 1 pound extra-lean ground beef OR 1 pound skinless ground turkey breast or chicken breast
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped (optional)
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 4 medium garlic cloves, minced OR 2 teaspoons bottled minced garlic
- 1/2 teaspoon ground coriander
- 1 15.5-ounce can no-salt-added pinto beans or kidney beans, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 3/4 cup salsa (lowest sodium available)

#### Garnishes

- 1/2 medium avocado, thinly sliced (optional)
- 1/2 cup chopped green onions (optional)
- 1/4 cup fat-free or low-fat shredded cheddar cheese (optional)
- 1/4 cup fat-free or low-fat sour cream (optional) OR 1/4 cup fat-free Greek yogurt (optional)
- 1/4 cup fresh chopped cilantro (optional)

#### Directions

1. Lightly spray a large skillet with cooking spray. Cook the beef and onion over medium-high heat for 5 to 7 minutes, stirring frequently to turn and break up the beef.
2. Stir in the bell pepper, jalapeño, chili powder, cumin, garlic, and coriander. Cook for 5 minutes, stirring occasionally.
3. Stir in the remaining chili ingredients. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes.
4. Ladle the chili into large mugs or soup bowls. Top with the garnishes.

#### Quick Tip

For three-alarm chili, stir 1 teaspoon cayenne into the beef mixture with the other ingredients.

(Sources: [healthline.com](https://www.healthline.com), [health.gov](https://www.health.gov), [heart.org](https://www.heart.org))

