

HEALTHY EATING

# 7 Foods that Will Keep Your Heart Healthy



## Sardines

Sardines are a top source of marine-based omega-3 fatty acids, a special polyunsaturated fat shown to benefit the heart. Omega-3s also lower triglycerides (the fat in your blood) and slow formation of arterial plaque. You can eat them straight, in lemon-flavored olive oil, or with tomato sauce on seeded crackers. Or if you can't stomach the idea of sardines, other good bets include albacore tuna, **wild salmon**, and trout. The USDA Dietary Guidelines recommend eight ounces of seafood per week, the amount associated with reduced cardiac deaths.