

A Test for the Heart

February is heart health month, making it the perfect time to test your heart-healthy IQ. Look at the foods below and see if you know whether they are beneficial for your heart, or if you should pass them by to maintain a healthy ticker. Click here to get the answers.

- | | |
|---|-------------------|
| 1. Low sodium canned vegetables | |
| A. Good for heart health | B. Limit or Avoid |
| 2. Egg noodles | |
| A. Good for heart health | B. Limit or Avoid |
| 3. Whole wheat flour | |
| A. Good for heart health | B. Limit or Avoid |
| 4. Canned fruit packed in heavy syrup | |
| A. Good for heart health | B. Limit or Avoid |
| 5. Cured meats | |
| A. Good for heart health | B. Limit or Avoid |
| 6. Soybeans and soy products (tofu) | |
| A. Good for heart health | B. Limit or Avoid |
| 7. Cold cuts | |
| A. Good for heart health | B. Limit or Avoid |
| 8. Nondairy creamer | |
| A. Good for heart health | B. Limit or Avoid |
| 9. Canned fruit packed in juice or water | |
| A. Good for heart health | B. Limit or Avoid |
| 10. Soy Sauce | |
| A. Good for heart health | B. Limit or Avoid |

Steps to follow a heart healthy diet:

1. Eat more fruits and vegetables – they contain substances found in plants that may help prevent cardiovascular disease.
2. Select whole grains – they are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health.
3. Choose healthy fats – monounsaturated fats including olive oil or canola oil. Polyunsaturated fats are found in nuts and seeds. Check food labels and avoid products that contain partially hydrogenated oils.
4. Choose low-fat protein sources – Including lean meat, poultry, fish and legumes.
5. Limit sodium intake – Excess sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. When choosing prepared meals such as soups or frozen entrees, opt for those with reduced sodium.

Source

MayoClinic.com: *Heart-Healthy Diet: 8 Steps to Prevent Heart Disease*

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A Test for the Heart answers:

1. A; 2. B; 3. A; 4. B; 5. B; 6. A; 7. B; 8. B; 9. A; 10. B