

Eat for a beating (heart)

A heart-friendly diet can reduce your LDL cholesterol by 30 per cent. These taste great and don't require a prescription.

Nuts

Forget dry-roasted or salted. A handful of raw nuts – pistachios, almonds or walnuts – four times a week can reduce your risk of coronary heart disease by 37 per cent, reports the British Journal of Nutrition.

Watermelon

Heavy to carry home, but worth the effort. "Watermelon is high in blood-pressure-lowering potassium and has vitamin C to reduce inflammation," says nutritionist Kim Pearson

Flaxseed

Time to get out the kitchen scales: work at Oklahoma State University found that eating exactly 38 grams of flaxseed a day can reduce LDL cholesterol

Spinach

The greener it is, the better it is for you. "Spinach is replete with essential minerals, potassium and magnesium," says Pearson. "It's a top source of lutein, which helps prevent clogged arteries.

Multi-grains

(Brown) toast your good health. A study published in the journal Nutrition, Metabolism and Cardiovascular Diseases found that two and a half servings of multi-grains reduce your risk of cardiovascular disease by 21 per cent.

Green Tea

Health in a mug: green tea can relax your arteries within 30 minutes, so they can handle changes to blood pressure, according to Athens Medical School in Greece. Just don't add milk; it tastes vile.

Black Beans

There's sense behind the phrase "full of beans": 85g of black beans a day reduces your risk of heart attack by 38 per cent, states the Journal of Nutrition.

Avocados

Avocados are stacked with monounsaturated fat and beta-sitosterol, which lower LDL cholesterol. They can also reduce an amino acid that can hinder bloodflow. Unclog your veins by throwing a few in your shopping basket.

Fish

The fatty acids fish furnish you with are docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). The UK's Food Standards Agency recommends you have at least two servings a week

Source: Mens Health Magazine

<http://au.lifestyle.yahoo.com/mens-health/nutrition/galleries/g/-/7474209/1/eating-for-a-beating-heart/>