

## Five Heart-Healthy Foods for Men

According to the Centers for Disease Control, heart disease is the leading cause of death in men. Major risk factors for heart disease include high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity and poor nutrition.

Five heart-healthy foods men should consider adding to their meal plan include:

- Oatmeal: Studies show oats have the ability to lower total and LDL ("bad") cholesterol.
- Salmon: Salmon is a rich source of omega 3 fats. Studies suggest the inclusion of fatty fish such as salmon, along with fruits, vegetables, whole grains, nuts and seeds, reduces your risk of cancer, heart attack, stroke and diabetes.
- Almonds: A handful of almonds contains about 160 calories and is a good source of protein, fiber, vitamin E, calcium and iron. It also contains antioxidants called flavonoids which may prevent oxidation of LDL cholesterol and cancer cell growth.
- Beans (dried beans, lentils, pinto, garbanzo, black, kidney, baked): Studies have demonstrated that including beans in the diet can significantly reduce total and LDL cholesterol in as little as three to four weeks.
- Plant Stanols and Sterols: Found in small amounts in fruits and vegetables and also added to some foods like margarines, they work by inhibiting the absorption of cholesterol in the intestine.