

Heart-healthy foods

The **leading** cause of death worldwide is heart disease, according to the World Health Organization. Owing to lifestyle changes and increased **consumption** of junk food, more people are **at risk** of heart disease now than ever before. International heart associations recommend eating a diet of fresh fruit and vegetables, whole grains, low-fat dairy products, and poultry or fish, for a healthy heart.

So which fruit and vegetables are particularly good for your heart? Blueberries are vitamin rich, high in antioxidants, and relatively low in sugar. They are believed to support good heart health by preventing cholesterol build-up in the **arteries**. **Nutritionists** recommend eating fresh or **frozen** berries, rather than drinking juices, which often have added sugar.

Fresh vegetables contain vitamins and minerals that keep your heart healthy. Spinach, in particular, provides a good source of magnesium, which helps lower high **blood pressure**. You can put it on pizzas, in sandwiches, or have a baby spinach salad to go with your lunch.

Whole grains may not sound the most exciting choice for breakfast, but they contain lots of fiber to help keep your heart healthy. Oatmeal is a whole grain especially recognized for its ability to lower bad cholesterol. When eaten together with a low-fat diet, it can reduce the risk of developing heart disease. Consider adding a handful of blueberries to your bowl of oatmeal!

Dairy products like milk, cheese, and yoghurt are a good source of protein and **calcium** for strong bones. Despite their fat content, studies also show that dairy products help reduce the risk of heart disease and stroke. If consumed on a daily basis, low-fat dairy products can be a healthier option.

While fish is another good source of protein, oily fish like salmon, sardines, and mackerel are particularly valued for their omega-3 fatty acids. These are good fats which researchers have found can help prevent blood clots. They are a lot better for your heart than the saturated fats typically found in beef, pork, and lamb.

These are just a few of the healthy foods to consider including in your diet. And of course eating in moderation and getting regular exercise are key to keeping your heart healthy.

1 Complete the sentences with the key words in bold from the text.

- a Some children drink more soda pop than milk. They are not getting enough _____ in their diet.
- b Some fresh fruit and vegetables are only available during the summer, but you can still buy them _____ in the winter.
- c _____ give people advice on what they should eat in order to stay healthy.
- d Eating a balanced diet is important. People who only eat junk food are _____ of being overweight.
- e _____ that is either too high or too low can be dangerous to your health.
- f _____ are the tubes in your body that carry blood from your heart to other organs.
- g She is one of the _____ experts in the field of health and fitness. She has published a lot of journal articles.
- h You should throw the food away after the expiry date. It is no longer suitable for _____.

2 Delete five unnecessary words in the notes. Then correct five spelling errors.

Eating well is important for good healthy. In elementary school, students they learn about the five food groups. They are told to eat the balanced meals which contain foods from each category. These days, however, some children are only want to eat jack food like French fries, candys, and potato chips. They do not like vegetables and think they are tasteless. Parents are trying to cook in healthy meals which contain a lots of vegetables that can still appeal to their kids.