

How To Prevent Heart Disease And Improve Your Health By Eating The Right Foods

Eventually almost everyone will experience the problem of having high cholesterol but having high cholesterol as a result of a bad diet is simply inexcusable. For most of us it is nearly impossible to eat a totally healthy diet all of our lives since we don't have the resolve of Jack LaLanne who at over 90 years old has never eaten anything man made! Still it is vitally important that all of us learn to eat as healthy as possible for the health of our hearts and to have a chance at a longer life. One thing we know for certain is that if you eat a diet that is high in saturated fats like those found in fatty red meats and cooking oils you are going to see an increase in cholesterol which is proven to be a major factor in heart disease. A recent study that was just released states that just being overweight a few pounds can contribute to heart disease, so you might want to start on that diet and exercise program now! One simple thing that you can do to prevent heart disease is to eat more fish. Salmon, herring and sardines are all excellent sources of Omega 3 essential fatty acids. Many other fish are good for heart health as well, although Omega 3 may help to get your cholesterol down to a healthier level easier. Even red meat lovers can learn to enjoy seafood and nuts for their main sources of protein. Use monounsaturated fats such as olive oil to protect your heart, olive oil is an ideal choice for cooking, dressing, or even as a dipping sauce. It is also well documented that eating a diet high in fiber will help to control cholesterol. Whole grain products are very high in fiber and also help to control sugar absorption which will go a long way to keeping your digestive system healthy. Choosing the right carbohydrates is also important for heart health. You need to avoid high sugar food like candy, pastries, cakes and cookies and eat healthy carbohydrates like whole grain bread and pasta, brown rice, and plenty of vegetables. As a matter of fact fruits and vegetables should be the core of a healthy diet. A simple rule of thumb to avoid processed foods is to do your shopping on the outside aisles of the grocery store. As far as cooking methods go, frying is a total no-no. Stir frying in olive oil or canola oil is okay but you should never deep fry foods and that goes for eating out as well. Chicken is healthy and good for you if you remove the skin and bake the chicken instead of frying. Making these changes will take time before they become habits but just remember that eating healthy is essential for a healthy heart and a long life.

About the Author

The Warrior Diet is the revolutionary new health, diet and fitness lifestyle based on the scientifically proven benefits of following.

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