

## Farmer's Market foods that your heart will love!

**Tomatoes** are high in lycopene which aids in disease prevention and an excellent source potassium, vitamins C and A, and fiber – a great heart-healthy combination of nutrients. They also help reduce inflammation that leads to heart attack and stroke

**Berries (Strawberries, raspberries and blueberries)** are full of soluble fiber which helps lower blood-pressure and risk of heart attacks. They also have high levels of compounds that widen arteries which helps blood flow smoothly and prevents plaque buildup.

**Broccoli, cauliflower and cabbage** are low in cholesterol and high in fiber. They have detoxifying enzymes and antioxidant properties that help keep arteries from clogging.

**Kale (or any leafy green)** is great source of a specific kind of Omega-3 fatty acid (known to improve heart health) as well as inflammation-fighting minerals that help prevent plaque formation on your arteries.

**Oranges** lower blood pressure and reduce artery inflammation. Citrusy fruits contain a plant chemical that improves blood flow to the heart. It's also rich in vitamin C which is known as a protector against stroke.

**Apples** contain pectin which blocks absorption of cholesterol, and fiber, which sweeps out cholesterol.

