



Heart Disease

Do's & Don'ts

Foods That Clog Arteries

- Saturated fat from animal foods (beef, butter, bacon, lard, and full-fat dairy) raise LDL or bad cholesterol that leads to clogged arteries over time.
- Trans-fat (from processed crackers, pastries, and other snacks), also raise LDL (lousy) cholesterol.

Free Radicals Oxidize Lipids and Damage Arteries

- Reducing inflammation is not only a matter of cutting back on foods that raise LDL cholesterol,
- It also involves decreasing free radical production.
- Free radicals are unstable compounds in the blood that are made through exposure to pollution, smoking, radiation, metabolism of drugs as well as food.

Antioxidants

- Antioxidants are elements that prevent oxidation and combat free radicals.
- Berries, green leafy vegetables, and vegetables from the cabbage family (broccoli, Brussels sprouts, cabbage, cauliflower) are good choices.
- Bananas, mango, papaya, pineapple, and other tropical fruit contain antioxidants.
- Polyphenols, quercetin, carotenoids, vitamin C, epigallocatechin (found also in green tea) protect red blood cells and fat cells from the stress of oxidation.

