

#HEALTH & FITNESS

# 12 foods that unclog arteries

Clogged arteries are the first step towards coronary diseases. A poor diet, a sedentary lifestyle, obesity and smoking, among plenty of other factors, can all cause poor heart health. A healthy heart ensures a long, healthy life and here are 12 foods to incorporate into your life that can help with achieving that.

## Berries

Berries have flavonoid antioxidants, known to reduce inflammation and improve heart health. They are also packed with fibre, vitamins, minerals, and plant compounds that improve artery function, and protect against cellular damage.

## Beans

Beans have plenty of fibre and are one of the best ways to prevent high cholesterol levels. Those with heart problems would be benefitted eating at least one serving of beans per day. Beans also reduce blood pressure and decrease the risk of Type 2 diabetes.

## Fish

Fish is loaded with good fats, especially Omega 3, which is known to boost heart health and reduce the release of cellular adhesion molecules — a prime culprit for clogged arteries.

## Tomatoes

Tomatoes contain plant compounds such

as carotenoid pigment lycopene, which have impressive heart health benefits. Lycopene rich tomato products can help reduce blood vessel inflammation and boost good cholesterol.

## Onions

Part of the Allium genus, these vegetables are a treasure trove of beneficial nutrients. Minerals such as sulphur compounds can also help with blood vessel inflammation and lower the chances of platelets clumping together in the blood, keeping arteries unobstructed.

## Citrus fruits

Clementines, oranges, and limes don't just pack a strong flavour profile, they also contain flavonoids that prevent free radicals in the body from oxidizing bad cholesterol. This increases heart health and lowers chances of a stroke.

## Spices

Ginger, pepper, chilli, and cinnamon are all anti-inflammatory spices and help in improving blood lipid levels and keeping arteries clear.

## Flax seeds

Small but mighty, flax seeds are a

powerhouse of beneficial nutrients. Full of fibre, good fats, vitamins and minerals, these seeds help lower cholesterol and counter instances of arterial blockage.

## Cruciferous Vegetables

Veggies like broccoli, cauliflower, and cabbage have been credited for reducing arterial calcification and lowering the CIMT (Carotid Intima-Media Thickness), a measurement that assesses a person's likelihood of getting clogged arteries.

## Beets

Blood vessel inflammation can lead to decreased levels of nitric oxide production, which beets, a rich source of nitrates, can restore. Nitric acid has been known to play active roles in improving blood vessel function and reducing risks associated with the heart.

## Oats

A great source of anti-inflammatory antioxidants called avenanthramides that help break down high levels of total and bad cholesterol and reduce inflammatory markers, oats and oat bran are excellent choices for those who wish to prioritise their heart.

## Nuts and Seeds

Time and again, research has proven the benefits of nuts and seeds in the prevention of diseases related to clogged arteries, improve blood vessel function, and lower bad cholesterol and blood pressure.

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