

## Top 10 Heart-Healthy Foods

### Help protect your heart with these superfoods.

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The best diet for a healthy heart is one that is chock-full of [vitamins](#), minerals, antioxidants, phytochemicals, and fiber. It should also be low in saturated fats (mostly from animal sources) and [trans fats](#) (those found in many processed baked goods).

Besides eating a healthy diet, you can keep your risk factors to a minimum by getting plenty of rest, quitting [smoking](#), keeping alcohol to a minimum, and getting some stress-reducing [exercise](#) each day.

Here are my nominations for the top 10 heart-healthy foods:

1. **Berries**, such as blueberries, raspberries, and strawberries (red grapes count, too)
2. **Fish that is high in omega-3 fatty acids**, such as salmon, mackerel, and tuna (have it twice a week)
3. **Soy foods**, such as soybeans, tofu, and soybean oil -- all are good sources of isoflavones
4. **Whole grains**, such as breads, cereals, and oatmeal
5. **Nuts**, such as almonds, pecans, and walnuts
6. **Olive oil**
7. **Beans**, such as pintos, garbanzos, lentils, kidney beans, and chickpeas
8. **Other fruits and vegetables**, such as broccoli, spinach, and grapefruit
9. **Margarines**, such as those fortified with stanols or sterols
10. **Teas**, particularly green and black teas