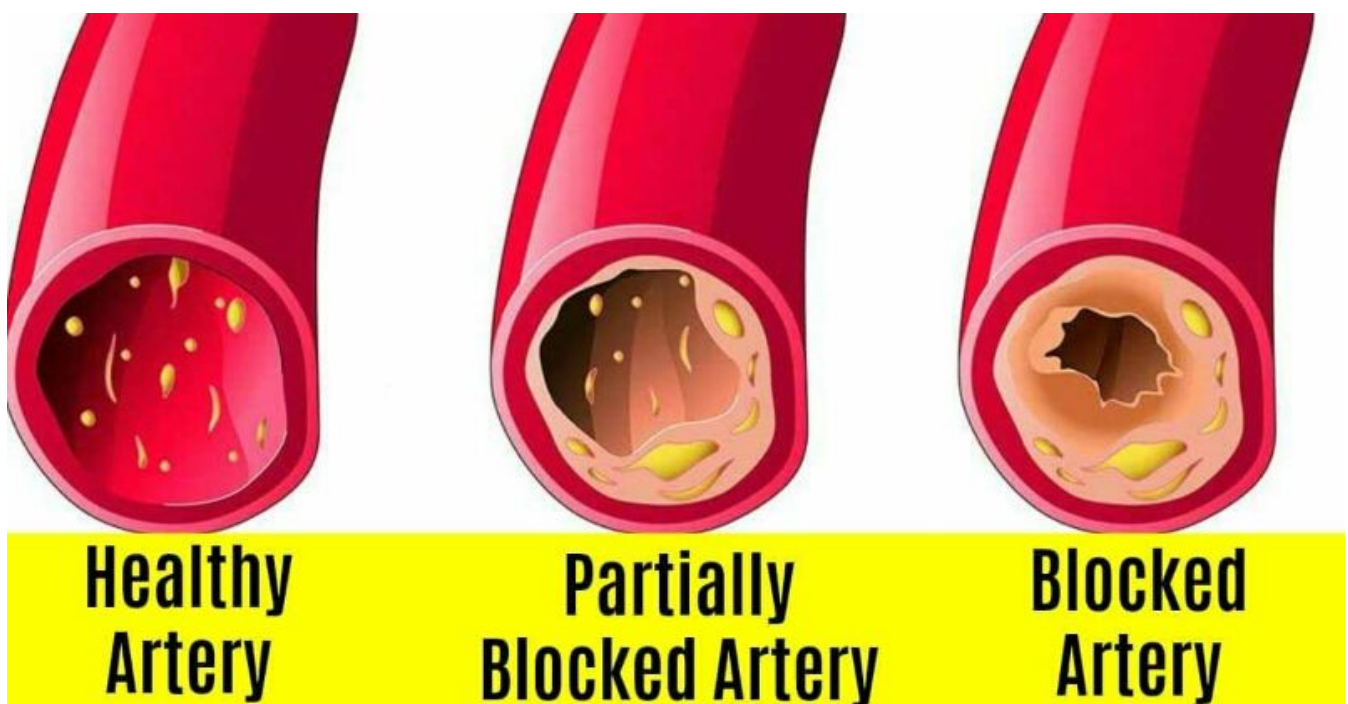


Foods That Unclog Arteries Naturally (Most People Ignore)

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Heart disease can be prevented if you eat the right food in the right way. The superfoods you will find on this list will help boost the health of your cardiovascular system among many other benefits! They can be sourced in a natural way as well. Studies say that you can prevent issues like obesity, diabetes, and clogged arteries with a healthier diet.



The arteries consist of blood vessels that deliver nutrients and oxygen from the heart to the rest of the organs. If the arteries are clogged, however, the condition could lead to major cardiovascular diseases. Thus, it's important to keep your blood vessels clean and unclog arteries healthy through proper diet, regular exercise, and a good lifestyle before it becomes a major problem. Check out these items that will give your heart the boost it needs. If You Want A Healthier Heart, You Should Start Eating These Food Items.

Oranges

Don't you think oranges are the best thirst-quenchers ever? Aside from that, they offer plenty of vitamin C, fiber, pectin, potassium, and nutrients. They will flush out sodium, neutralize dangerous proteins, and reduce blood pressure. This way, you can ward off heart failure and heart scar tissue development.

Kale

Kale is one of the best things you can eat if you want to improve your heart health. It will keep your heart healthy and prevent the onset of heart disease. After all, the leafy green has fiber, antioxidants, and omega-3 fatty acids. People like them a lot because they are low in both fat and calories as well.

Garlic

Garlic has earned a reputation for its ability to repel vampires. Aside from that, it tastes great and offers nutrients for your heart. You should know that it can keep your blood vessels healthy, prevent arterial plaque, and lower the level of enzymes in the body. It is available in pill form for your convenience.

Red Wine

Can you believe that red wine will actually prevent cholesterol buildup and boost your HDL levels? It also has antioxidants that will ward off blood clots by keeping blood vessels flexible. Coronary heart disease does not stand a chance if you drink red wine in moderation!

Chocolate

We all love chocolate, so it is great to hear that it can prevent heart disease, stroke, and other heart problems. It will bring down blood pressure, prevent hypertension, lower blood pressure levels, and boost blood vessel flexibility as well.

Almonds

They are tasty, but they can boost your intelligence, memory, and heart health as well. They will lower the cholesterol in your body, prevent LDL absorption, and minimize the risk for heart disease.

Pomegranates

Pomegranates have a distinct flavor, but they also offer a mix of antioxidants that will ward off cardiovascular disease and prevent arterial plaque oxidation. On top of that, you will be glad to hear that it is good at preventing stroke, diabetes, prostate cancer, and Alzheimer's.

Lentils

Lentils offer a lot of health benefits. Research shows that you can prevent heart disease and stroke risk if you eat a diet rich in legumes. Lentils are full of magnesium, fiber, potassium, and folic acid. They will keep your cholesterol, blood pressure, and blood vessel plaque in check. It will serve as a great source of protein and energy, so add them to your soup! Like pomegranates, these legumes also made it to the DASH diet. That's right, it will also help bring down blood pressure and keep your heart in good shape!

Blueberries

Blueberries are brimming with antioxidants and nutrients. Eat them regularly to enjoy their benefits like reducing cholesterol levels, blood pressure levels, and arterial plaque buildup. Did you know that they also lower your risk for heart disease and cancer?

Beets

Beets offer a lot of minerals, antioxidants, and minerals! As you can see, they are not only crunchy and colorful salad ingredients. They also lower homocysteine levels in the blood and the risk for heart disease. Beets also strengthen a number of organs and prevent cancer!

Turmeric

Turmeric has become a rising star because it adds a lot of flavors and does wonder for your body! This spice has curcumin, which is useful if you want to prevent heart enlargement. Aside from that, turmeric will also prevent obesity, unhealthy blood vessels, heart disease development, and high blood pressure.

Chia Seeds

Chia seeds have become popular smoothie and fruit bowl toppers. The hype is real because they are super healthy! They offer protein, fiber, antioxidants, nutrients, and omega-3 fatty acids. They also bring down cholesterol and heart disease risk.

Apples

Apples are great for your health, but this is not really a secret. To be specific, apples offer a lot of minerals, antioxidants, and vitamins. These nutrients work together to keep your blood pressure in check and then lower your heart disease risk.

Avocados

Did you know that avocados can walk the talk? Not only are they delicious, but it is true that they are very healthy. They are full of potassium, monounsaturated fats, and antioxidants. They will lower cholesterol, boost your heart health, and minimize your risk for heart disease.

Beans

Beans get their own place on the list because they are just that great! These are members of the legume family just like lentils, peas, and soybeans. They are low in fat but rich in protein and fiber. They provide a lot of phytochemicals that will ward off heart disease.

Eggplant

Eggplants are delicious, but did you know that they have lots of minerals, antioxidants, vitamins, and flavonoids? They are good for your circulation, cholesterol levels, and heart health! They will keep cancer and cell membrane damage at bay.

Broccoli

We hope that broccoli is no longer a nightmare fuel for you because they are awesome! It will help lower your cholesterol levels and strengthen your blood vessels. It also offers sulforaphane, which has anti-inflammatory properties and prevents blood sugar issues.

Carrots

Carrots are tasty and crunchy little snacks, but they also offer a lot of benefits for your heart. We all know that they improve vision, but did you know that they also fight free radicals and keep cancer and heart disease at bay? They have a lot of vitamins A, C, and K that ward off cancer and heart disease.

Chickpeas

There are many things you can do with chickpeas! At any rate, there is more to them than you might think. For one thing, the tiny legumes have a lot of fiber, potassium, vitamin B6, and vitamin C. They will help you if you want to bring down your cholesterol levels and heart disease risk.

Coffee

Coffeeholics, this is your time to shine. Who would have thought that there was more to your caffeine fix than helping you stay awake? It turns out that moderate intake will help keep heart failure, stroke, and coronary heart disease at bay.

Cranberries

Cranberries are great! Keep juicing them if you like because they are full of antioxidants and nutrients. Like the other things on the list, they will lower your heart disease risk as well. On top of this, you might already know that it will ward off cancer, urinary tract infections, stomach ulcers, and gum disease.

Figs

We do not think figs get the appreciation that they deserve. After dates and raisins, they offer lots of heart-healthy nutrition. You can eat them raw, dried, or in jam form. They will still be full of calcium and fiber no matter how you consume them. They also reverse heart disease and boost your heart health.

Flax Seeds

Flax seeds are rich in omega-3 fatty acids, generally considered to be the good kind of fats. A lot of people do not eat fish or nuts, so these seeds work as a supplement of sorts. They offer a lot of estrogens, nutrition, and antioxidants. They have a lot of benefits for your heart!

Red Hot Chili Peppers

We want you to focus on the actual veggies, not the rock band best known for Californication. They have capsaicin, which is good at lowering blood pressure and cholesterol levels. Don't eat them raw, though.

Ginger

Did you know that ginger is good for your heart? The heavenly-smelling spice has been proven to lower the risk of heart disease. A daily dose of it will already to wonders for your heart. It will keep high blood pressure and coronary heart disease at bay. We bet sushi fans are delighted to hear this.

Grapefruit

Grapefruit is exquisite, but are you aware that this fruit is full of vitamin C, choline, lycopene, fiber, and potassium? This will definitely keep your ticker in good shape. As a matter of fact, it can bring down your blood pressure so much that it was added to the DASH diet, which is designed to do exactly that.

Green Tea

Green tea is a great way to calm your nerves and hydrate at the same time. Quench your thirst with this natural drink since it will prevent arterial plaque buildup, boost your heart, and lower cholesterol levels.

Kidney Beans

Kidney beans go well in soups and stews, but did you know that they will help your memory and heart health? They are rich in magnesium, protein, and folate. They are low in fat and high in fiber, so eat as much as you want. This is a good way to keep heart attack, stroke, cancer, and diabetes at bay.

Kiwi

There is no need to be scared of kiwi just because they are furry on the outside! This fruit is awesome because it is full of vitamins B, C, and E. Aside from that, it offers lots of potassium, magnesium, copper, and polyphenols. Kiwi will protect your heart, prevent blood clots, and boost your cardiovascular health.

Cashews

Cashews are great because they are tasty, full of monounsaturated fats. And offer lots of antioxidants. Its benefit includes boosting HDL levels, lowering LDL cholesterol, and reducing cellular damage. They clearly make the most perfect snack on the planet.

Oatmeal

Oatmeal is the best way to start your day! It is tasty, easy to make, and highly versatile. Let us not forget that it is also rich in folate, fiber, potassium, and omega-3 fatty acids. It is good if you want to reduce your cholesterol levels and keep your arteries clear.

Pears

Pears are similar to apples. They are tasty, crunchy, and rich in antioxidants, nutrients,

and fiber as well. The yellow fruit gems are neat if you want to lower blood pressure, cholesterol, and heart disease risk.

Asparagus

You should eat more asparagus since it is tasty and healthy! It is a great source of folate, fiber, nutrients, minerals, and vitamins A, C, E, and K. They are good for your digestive health. Not just that, but they also boost insulin levels, lower the risk for high blood pressure, and keep diabetes and heart disease at bay.

Quinoa

Adding quinoa is an awesome way to spice up your salad or dish. It has nearly double the amount of fiber you will find in other grains. It is a great source of minerals, antioxidants, and essential amino acids. It will boost your blood sugar and cholesterol levels, regulate blood pressure, and keep diabetes at bay.

Spinach

Who would have thought that Popeye was onto something? It is great because it has a lot of vitamin K! This makes it great if you want to develop strong bones and prevent blood clots from forming.

Strawberries

Strawberries will jazz up whatever dish you are making and satisfy your sweet tooth. On top of that, they are full of nutrients, minerals, folate, and vitamin C. They are low in calories and good for burning fat. These fruits allegedly widen the arteries and prevent the formation of plaque buildup!

Sweet Potato

Sweet potatoes are amazing for a number of reasons. They are tasty, versatile, and very healthy. For one thing, they offer a lot of potassium, which is a good way to retain fluid balance and lower blood pressure. Aside from that, they are considered heart-healthy since they regulate your heartbeat.

Walnuts

We bet you know walnuts as snacks and salad toppers. Did you know that they are rich in

omega-3 fatty acids? The nuts will keep your heart healthy and regulate your cholesterol and blood pressure levels.

Watermelon

We cannot think of anything better than a watermelon when you are at the beach or pool. They will hydrate you and keep your skin safe. They have a lot of potassium, magnesium, and vitamins A, B6, and C, which is why they will boost your heart health and lower your blood pressure and cholesterol levels.

Bananas

Bananas are rich in fiber, protein, and potassium. Did you know that they will help your nerve cells and muscles respond and contract? Aside from that, they will help with weight loss, heartbeat regulation, and heart health promotion.

Olive Oil

Olive oil is one of the reasons the Mediterranean diet is so healthy! Do you come from this region? If so, you must know how important it is to the cuisine. It is full of flavor and monounsaturated fat. Keep a bottle handy because it reduces LDL cholesterol, regulates blood sugar, and prevents blood clots.

Soy

Many people have been looking into soy alternatives because they are much healthier! Soy products taste just as good as animal products. On top of that, they help lower LDL cholesterol. Soy is high in protein but low in saturated fat and cholesterol. They also contain heart-healthy fiber and omega-3s.

Apple Cider Vinegar

Yes, apple cider vinegar smells foul. We cannot deny that! But wait until you hear that Beyonce herself is a fan of it. This can help control weight loss, keep heart disease at bay, and lower triglyceride, blood pressure, and cholesterol levels.

Black Beans

Black beans are great! These small superheroes have a lot of fiber, potassium, protein, folate, phytonutrients, and vitamin B6. They will lower cholesterol and keep heart disease

at bay. It goes well with various dishes because they make you feel full and help with weight loss.

Low Fat Yogurt

If you do not consume healthy dairy food, it might be time to get low-fat yogurt or milk! Yogurt is rich in calcium, iodine, zinc, protein, and vitamins A, B2, B6, and D. Put this in your balanced diet if you want to keep high blood pressure, cancer, stroke, and heart disease at bay.

Cabbage

Cabbage rocks because it is a low-calorie snack. On top of that, it offers lots of vitamins, minerals, and antioxidants. It is full of vitamin C, which is good for your immune system. Make sure to eat loads of it if you are determined to keep cancer, heart disease, and vision loss away.

Brown Rice

We recommend making the switch from white rice to brown rice. It does not come with gluten and offer more nutrients! It is full of vitamins, minerals, and healthy compounds. This grain helps with weight loss and prevents diabetes and heart disease.

Coconut Oil

Saturated fat is not the healthiest thing you can add to your diet. Coconut oil does come with LDL cholesterol, but the good thing is that it also offers HDL cholesterol. Consume it moderately if you want to improve your cardiovascular health!

Cauliflower

Cauliflower is not just albino broccoli! However, it is also good for your cardiovascular health. It is low in carbs but high in fiber. Aside from that, it will also cleanse your body, prevent oxidative stress, and keep respiratory issues and stomach disorders away.

Dragon Fruit

Dragon fruit is rich in iron, protein, carotene, antioxidants, nutrients, phytonutrients, calcium, and vitamins B and C. Aside from that, it is delicious and good for the immune system. It also boasts of capsin, which is typically added to heart medicine.

Pistachio

Pistachios offer lots of good fats, antioxidants, and plant sterols. These things will all keep your ticker in great shape. It is interesting to learn that the nuts are also rich in potassium and protein as well.

Pumpkins

Pumpkins are full of vitamins and antioxidants! They are amazing because they are rich in fiber, beta-carotene, phytoestrogens, potassium, and vitamin C. These veggies will boost the health of your vision, immune system, and cardiovascular health.

Tomato Sauce

This tangy dish sauce can be used as a pizza base, dipping sauce, and more! The truth is that tomato sauce lowers LDL cholesterol and offers lycopene. You can expect your skin to look better. On top of that, it also keeps heart attack and cardiovascular disease at bay.

Brussel Sprouts

Perhaps you also hated brussels sprouts when you were younger. You should get over it because they are rich in protein, iron, potassium, and glucosinolates. They will help cleanse the body, ward off cancer, and boost the health of your heart.

Olives

Olives will go great in your pizza, salad, and pasta. Aside from that, they are full of monounsaturated fat, antioxidants, and nutrients. These things will help you lose weight, regulate good cholesterol, and ward off heart disease.

Cinnamon

Cinnamon has always been a popular spice! This is a good thing because they are both tasty and healthy. This spice is rich in fiber, manganese, and calcium. Keep adding it to your dishes because they improve cognition, ward off cardiovascular illness, and bring down cholesterol levels.

Edamame

Edamame can be so addicting to snack on! It is full of nutrition but low in both

cholesterol and saturated fat. It is rich in plant protein, folate, fiber, and phytosterols. This soy protein will bring down your cholesterol levels and keep heart disease at bay.

Collard Greens

What veggies are considered to be members of collard greens? The list includes rutabaga, cabbage, bok choy, kale, broccoli, brussels sprouts, and turnips. They are low in calories but high in lutein, vitamin A, and zeaxanthin. They will keep obesity, diabetes, and heart disease at bay.

Water

We all know that water is very good for our health. In fact, we would not even survive without it. Keep in mind to hydrate if you want to boost metabolism, control body weight, and regulate your heartbeat.

Raspberries

Raspberries are awesome since they are rich in fiber, manganese, and vitamin C. They are low in fat as well! The tasty fruit snacks have lots of polyphenols, which are good at warding off heart disease.

Tomatoes

Tomatoes are tangy, tasty, and versatile. Not only will they go well on your salads and dishes, but they are also full of vitamin A, vitamin C, fiber, lycopene, potassium, and minerals. Research reveals that they will help keep cardiovascular disease at bay.

Acai Berries

Acai berries have become pretty popular as of late! The super berries will taste great no matter what time of day it is. They are rich in antioxidants and ward off diabetes, cancer, and heart disease.

Goji Berries

Goji berries have a lot of health benefits. Did you know that they are rich in iron, copper, antioxidants, and vitamin C? These things ensure that your heart and other organs are in good shape.

Seaweed

Seaweed is rich in omega-3 fatty acids, which is rare for veggies. Aside from this, it also boasts of iron, zinc, potassium, and iodine. These things all work together to keep strokes and heart attacks at bay.

Black Tea

Are you a fan of black tea? It is not too late to get into the habit! This drink does not only warm us on the inside but also comes with antioxidants that help lower blood pressure and LDL cholesterol levels.

Peanut Butter

Who would have thought that peanut butter is actually good for you? This is all thanks to its protein, fiber, fat, and vitamin content. It is pretty high in calories, but it will make you feel full for a longer time. It has potassium, which is good for blood pressure regulation.

Potatoes

Potatoes are not bad just because they have a lot of carbs. They offer many health benefits. Did you know that they are rich in zinc, fiber, iron, potassium, vitamin B6, and vitamin C? These things are important for the development of the body and regulation of cholesterol and blood pressure.

Barley

Barley is rich in potassium, vitamin B6, and fiber. Thanks to the fiber content, it lowers cholesterol levels and maintains your cardiovascular health. However, it is not good for you if you have gluten allergies.

Radish

Radish will be an amazing addition to your diet. It is rich in fiber, vitamin C, and potassium. This veggie will regulate digestion and blood pressure. On top of that, it will boost your immune system as well!

Green Peas

Green peas are great. The legumes have really good nutritional value. They are low in

calories but rich in fiber, protein, vitamins, and iron. These things will boost your immune system and lower blood pressure.

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