

This Valentine's Day, Be Good to Your Heart! Limit Salt.

Celebrate St. Patrick's Day Every Day. Go for the Greens .

In a review published in the Journal of the American College of Cardiology, researchers cut through the confusion about diets claiming to reduce heart disease. Current evidence strongly supports eating plenty of fruits, vegetables, whole grains, legumes, and nuts in moderation. A mostly plant-based diet focused on green, leafy vegetables, whole grains, legumes and fruit leads to the best heart health.

