

Â™ HEART-HEALTHY COMPLEX CARBOHYDRATES

High-Fiber Choices for Cardiovascular Wellness

Food Category	Best Choices	Heart Benefits
Whole Grains	Steel-cut oats, Quinoa, Barley, Brown rice, Buckwheat	<i>Contains beta-glucan to lower LDL cholesterol.</i>
Legumes	Lentils, Black beans, Chickpeas, Kidney beans, Edamame	<i>Rich in soluble fiber and plant-based protein.</i>
Starchy Vegetables	Sweet potatoes, Pumpkin, Butternut squash, Peas	<i>High in Potassium to help manage blood pressure.</i>
Cruciferous & Green	Broccoli, Brussels sprouts, Asparagus, Kale	<i>Low glycemic load; reduces arterial inflammation.</i>
Low-Sugar Fruits	Raspberries, Blueberries, Blackberries, Apples (with skin)	<i>Packed with polyphenols and pectin for heart health.</i>

Heart-Healthy Preparation Tips:

- Aim for at least 25-35g of fiber daily.
- Swap refined "white" grains for 100% whole grain alternatives.
- Rinse canned beans to reduce sodium content by up to 40%.
- Pair carbs with healthy fats (avocado, nuts) to stabilize blood sugar.