

7 HEART HEATHY FOODS FOR LONGEVITY



Introduction

Do you wish to live a long, healthy life? We are all aware that we can't live forever but we can take good care of our health by nurturing our bodies the best ways possible which will naturally help us extend our lives.



According to researches, experts have identified people who tend to live longer and healthier lives are consistent in eating meals that help to nourish the body

for maximum health. In other words, they only consume foods that are beneficial to the body and avoid foods that are processed, packaged or those that contain additives.

Though there are chances that genetics may predispose us to many kinds of diseases, we still have control over our health and dietary choices. Although there are no guarantees about how our health might be when we age or how long we're going to live, there are effective steps that could be taken to live a healthier

and more enjoyable life. There are 7 heart healthy foods that promote longevity which will be discussed below.

7 Heart Healthy Foods



#1: Blueberries

Blueberries have been described as “superfruits” as they are capable of blocking as well as reversing most of the aging consequences. They are incredible anti-aging food that keeps the brain healthy by boosting mental health. The dark hues present in berries shows their high antioxidant content, which

ward off free radicals that lead to aging and stop new cells from growing in order to stay healthy.

Besides being a powerhouse source of antioxidants which delivers multiple benefits, blueberries also possess the ability to bring positive impacts to multiple aging processes. Recent studies have shown that blueberry extracts can significantly increase life span. Blueberries also deliver maximum nutrition for minimum calories. With regular consumption, belly fat could also be reduced.

In comparison to other fruits, blueberries contain less sugar so it is less likely to affect your insulin levels, making them a great option for a fast guiltless snack. As they are low-glycemic fruits, they help to keep your insulin levels balanced as well as keep you focused. These fruits are also packed with fiber which keeps your digestion on track, maintain your cholesterol levels, and develop a healthy weight necessary for optimal longevity.

Berries of all kinds are healthy which contain concentrated amounts of phytochemicals which help to fight heart disease, DNA damage, metabolic syndrome and even cancer. As a result, blood vessels will be more flexible which can help avoid the risks of developing a heart disease. Rather than the whole fruit,