

The Heart-Happy Pantry

Keep your ticker in top shape by opting for these nutrient-rich foods and drinks that support cardiovascular endurance.

BY LAURA SCHOBER



1. SMOOTHIE BOOSTER

Organic Gemini Tigernut Smoothie Mix in Chocolate provides a delicious dose of nutrients. Cacao's flavanols help lower blood pressure while sacha inchi contains cardio-protective alpha-linolenic acid.

\$15, organicgemini.com

2. 7 HEART HELPERS IN 1

NuttZo Power Fuel Crunchy 7 Nut and Seed Butter provides 910 milligrams of omega-3s, which may help lower your risk of heart disease. This butter is made up of organic roasted cashews, Brazil nuts, hazelnuts, almonds, flax, pumpkin, chia and sea salt.

\$17 to \$18 per 16 oz, nuttzo.com

3. TICKER-FRIENDLY TEA

Just one Pique Tea Mint Sencha Organic Green Tea packet offers 236 milligrams of polyphenol antioxidants, which may play a role in reducing risk of heart disease, cancer and neurodegenerative diseases.

\$8, piquea.com

4. DOUBLE PUNCH

Both the fiber and folate found in Jovial 100% Organic Chickpeas have been shown to help lower total cholesterol and lessen hardening of the arterial walls. Try these pulses in salads or side dishes.

\$3.50, jovialfoods.com

5. AVOCADO GOODNESS

Rich in both heart-supportive monounsaturated fats and vitamin E, Primal Kitchen California Extra-Virgin Avocado Oil has a buttery, lightly fruity flavor that's ideal for salad dressings or baking.

\$13, primalkitchen.com

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