



Are You Getting What You Need For A Healthy Heart? Dr. Masley's Nutrient Guide

Most Americans are nutrient deficient, which can accelerate aging, arterial plaque growth, and adversely impact your blood sugar, blood pressure, and cholesterol profile. Let's make sure you are not missing the top five nutrients for your heart. Meeting your needs for your heart won't just help prevent heart disease—it will also help you to tune up your energy, waistline, and sex life, too!

Top Five Heart Friendly Nutrients

Nutrient #1: Fiber

Fiber is essential for good health. If you only change one aspect of your diet, adding fiber would be my top priority. Signs of deficiency: Constipation, high blood sugar, abnormal cholesterol profiles, rapid aging:

Recommended dose: 30-50 grams daily

Foods Rich in Fiber

Apple, medium, 3.3 grams

Avocado, 1/2 , medium, 6.5 grams

Carrots, 1 cup, 3.6 grams

Pear, medium, 5.1 grams

Raspberries, ½ cup frozen, 5.5 grams

Beans, 1 cup, cooked, 13-19 grams

Quinoa, 1 cup cooked, 5 grams

For a more detailed list of fiber rich foods, check the appendix in *“The 30-Day Heart Tune-Up”* book.

Nutrient #2: Fish Oil (long chain omega-3 fats)

Fish Oil contains long chain omega-3 oils which are reported to reduce the risk for heart attacks, reduce inflammation, enhance brain function, improve cholesterol profiles, and are being studied in pregnancy to optimize fetal brain formation.

Recommended dose: 1 gram (same as 1000 mg) EPA&DHA daily

Foods Rich in Omega-3 Fat (with a 3.5 ounce serving)

Anchovies, 1.75 grams

Herring, 2.1 grams

Mussels, 0.7 grams

Oysters, 0.6 grams

Salmon, Pacific, Silver, Wild, 2.4 grams

Sardines, canned in water, 1.9 grams

Trout, Rainbow, Wild or Farmed, 1.2 grams

If you use a fish oil supplement, please see the detailed section in **The 30-Day Heart Tune-Up** regarding fish oil quality issues, as cheap sources of fish oil are likely harmful.

Nutrient #3: Magnesium

Magnesium is involved in hundreds of anti-aging reactions. Deficiency signs: **Constipation, Irregular heartbeat, Migraines, Insomnia, Muscle cramps. Major magnesium deficiencies can cause sudden death.**

Recommended dose: 400-600 mg daily, if you use a supplement, then preferably in high-quality forms as mag-glycinate, mag-malate chelate, or mag-citrate, (please avoid magnesium oxide)

Foods Rich in Magnesium

Pumpkin/Squash seed kernels, 151mg/oz

Brazil Nuts, 107mg/oz

Bran Cereal (100%), 103mg/oz

Quinoa (dry), 89mg/2oz

Spinach (cooked), 81mg/0.5cup

Almonds, 78mg/oz;

Black Beans (cooked), 60 mg/0.5 cup

Nutrient #4: Vitamin D

Vitamin D supports healthy and strong bones. Vitamin D deficiency is associated with: **bone pain; increased risk for cancer, autoimmune disease, cognitive decline, depression, blood pressure control, and your risk for cardiovascular disease.**

Recommended dose: 2000-3000 IU vitamin D3 daily.

Foods Rich in Vitamin D As you can see, foods are a limited source for Vitamin D.

Cold water fish, 100-350 IU/3.5 oz(fattier fish has more vitamin D)

Milk (fortified OJ or soy milk): 100IU/ 8 oz

Egg: 25 IU/yolk

For details on achieving your vitamin D, please read that section in ***The 30-Day Heart Tune-Up.***

Nutrient #5: Vitamin K

Vitamin K is essential for bone and artery health. Without vitamin K, bones lose calcium and arteries become stiff as they accumulate calcium.

Recommended dose: 250-1000 mcg Vitamin K daily

Foods Rich in Vitamin K

Kale, cooked, 1062 mcg/cup

Collards, cooked, 1059 mcg/cup

Spinach, cooked, 889 mcg/cup

Beets, cooked, 697 mcg/cup

Broccoli, cooked, 220 mcg/cup

Onion, raw, 207mcg/cup

For a more detailed list of magnesium rich foods, please review that section in ***The 30-Day Heart Tune-Up.***

I hope this brief review will help you to meet your key nutrient needs to tune-up your heart, energy, waistline, and sex life.

To Your Health!

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