

♥ HEART HEALTH

A Daily Dose Of Love, Along With Diet And Exercise, Is What The Doctor Ordered For Heart Health

(NAPSA)—Research shows that people who feel loved have substantially less blockage in their coronary arteries. But unfortunately, love doesn't conquer all when it comes to living a longer, healthier life. Experts agree that a diet rich in a variety of fruits, vegetables, tomatoes and lean fish, along with regular exercise, is necessary to maintain a healthy heart.

According to Dean Ornish, M.D., Founder and Director of the non-profit Preventive Medicine Research Institute, "Studies show that eating a diet rich in fruits, vegetables and lean protein can help to reduce the risk of chronic diseases. In addition, the omega-3 fatty acids found in cold-water, deep-water fish such as tuna have been shown to reduce the risk of sudden cardiac death by as much as 50-80 percent."

Following are some simple tips to help you eat your way to a healthier heart:

- **Just One More:** Add just one more serving of fruit, vegetables and tomatoes daily, and one more serving weekly of tuna, to your diet to live a healthier life. Stock your pantry with convenient products from brands such as Del Monte and StarKist Tuna that deliver on nutrition and taste.

- **Add Soluble Fiber:** Consuming soluble fiber, such as that found in carrots, beans and peas, decreases your LDL levels.

- **Eat More Tomatoes:** The lycopene in tomatoes may reduce heart disease through anti-inflammatory properties, and research shows that lycopene is absorbed more efficiently in processed tomato products.

Show someone how much you care by creating this heart-healthy recipe tonight:



Tuscany Tuna Fillets
Servings: 4

**4 pouches (5 oz.) StarKist®
Tuna Fillets™, Lightly
Seasoned**

1 tsp. olive oil

2 cups polenta, prepared

2 garlic cloves, minced

4 cups fresh baby spinach

**1 can (14.5 oz.) Del Monte®
No Salt Added Diced
Tomatoes**

½ tsp. basil, dried

½ tsp. parsley, dried

½ tsp. oregano, dried

¼ tsp. sugar

Sauté garlic cloves in olive oil in a nonstick skillet for 1 minute—do not allow garlic to brown. Add spinach; sauté until wilted. Add tomatoes, basil, parsley, oregano and sugar; cook over medium heat, until heated through. Prepare polenta according to package. Heat tuna fillets according to package. Place polenta on plate and top with tuna fillets. Put tomato and spinach mixture over tuna fillets. Sprinkle with Parmesan cheese as desired.

For more heart-healthy tips and recipe ideas, visit www.delmonte.com or www.starkist.com.