



2ND HELPING

Just a Little More Help from **United Way Meals on Wheels** October 2023

Getting to the Heart of Good Circulation

Eating the Right Foods Helps Keep Your Blood Flowing Strong

Blood carries oxygen and nutrients to all your organs, muscles and skin. So good circulation is vital to a healthy body and your well-being. Exercise, hydration, weight management and NOT smoking all contribute to better circulation. But here are some examples of foods that also help.

▪ **Berries**

One of the antioxidants in deeply colored berries called anthocyanin protects the walls of your arteries from damage and also helps lower blood pressure.

▪ **Beets**

These root vegetables produce nitric oxide in your body, which loosens up blood vessels for better blood flow and can also help lower that first number in your blood pressure reading.

▪ **Fatty Fish**

Salmon, mackerel, trout, herring and halibut are all full of omega-3 fatty acids, which not only lower blood pressure but help keep your arteries clear and unclogged, too.

▪ **Citrus Fruits**

The antioxidants found in citrus, such as oranges, grapefruit, tangerines, lemons and limes, may help reduce inflammation, prevent blood clots and improve overall circulation.

▪ **Walnuts**

Most nuts are healthy but walnuts, in particular, contain a certain type of omega-3 fatty acid that has been shown to improve blood vessel elasticity while lowering blood pressure.

▪ **Grapes**

In addition to their antioxidants that help blood vessels relax, grapes can also reduce inflammatory molecules that make blood sticky and interfere with circulation.

▪ **Spinach**

Spinach is rich in nitrates that help enlarge your blood vessels and create more room for blood to flow while also keeping arteries flexible and helping lower blood pressure.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: webmd.com

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