

## Filipino Foods Rich in Flavan-3-ols

You don't need imported products to protect your heart. These local foods are rich in flavan-3-ols-powerful compounds that support healthy blood pressure and blood vessels.

Food	Flavan-3-ol Source	Notes
Tsokolate (Tablea)	Natural cocoa	Use unsweetened tablea for traditional tsokolate
Camote Tops	Catechins	Young leaves boiled or in salads
Sineguelas	Epicatechin, catechins	Seasonal tart fruit rich in antioxidants
Duhat	Catechins, anthocyanins	Eat with skin for maximum benefit
Cacao nibs	Epicatechin, catechin	Often from Davao-grown beans
Bignay	Flavan-3-ols	Used in jams, wine, and vinegar
Guava Leaves	Catechins	Boil for herbal tea
Sampalok	Procyanidins	Use pulp in dishes like sinigang
Bayabas (Guava)	Epicatechin	Eat fresh with skin
Lanzones	Catechins	Peel and seeds also contain antioxidants