

# Stroke Topic: Diet



Eating well can help decrease your risk of having a stroke or if you have a history of stroke having another one. Listed below are some ways to help you do this and you can always check with the American Stroke Association for more tips on eating healthy.

<b>B</b>	<b>BALANCE</b> Watch for sudden loss of balance	
<b>E</b>	<b>EYES</b> Check for vision loss	
<b>F</b>	<b>FACE</b> Look for uneven smile	
<b>A</b>	<b>ARM</b> Check is one arm is weak	
<b>S</b>	<b>SPEECH</b> Listen for slurred speech	
<b>T</b>	<b>TIME</b> Call 911 right away	

- **Eat a variety of vegetables**  
Nonstarchy vegetables are low in calories. They're also high in fiber, essential vitamins, and minerals. Choose fresh, frozen, or canned without high-calorie sauces or added salt.
- **Eat a variety of fruits**  
Choose fresh, frozen, or canned without added sugar.
- **Choose fiber-rich whole grains**  
Such as brown rice, oats, quinoa, barley, and breads and pastas made with whole grains. (Look for "100% whole grains" on the package.) Limit foods made with refined grains, such as white breads, white pastas, and many baked goods.
- **Choose lean proteins**  
Select poultry without skin and lean and extra-lean cuts of meat. Prepare them in healthy ways and discard any visible fat.
- **Eat fish twice a week**  
Choose fish preferably high in omega-3 fatty acids, such as salmon, lake trout, albacore tuna, sardines, and herring.
- **Include legumes (beans, peas, chickpeas, lentils), nuts, and seeds.**
- **Select low-fat (1%) or fat free dairy products.**
- **Include healthy unsaturated (monosaturated and polysaturated) fats**  
These fats, also referred to as the "good fats," are in nontropical vegetable oils (for example, olive, canola, and corn) and foods such as fish, avocados, nuts, and seeds. When cooking, choose oils that are liquid at room temperature, instead of butter, coconut oil, or lard.
- **Limit saturated fats**  
These "bad fats" are primarily found in animal products, such as fatty meats and full-fat dairy products.
- **Avoid trans fat**  
These "bad fats" are in packaged baked goods, such as cookies and cakes, as well as in shortening and some margarines. Check the Nutrition Facts label and look for products with 0 grams of trans fat. Avoid foods that contain partially hydrogenated oils. Look for them in the ingredients list.
- **Limit added sugars**  
Check the ingredients lists for: sugar, corn syrup, high fructose corn syrup, corn sweetener, brown sugar, honey, malt sugar, molasses, and maple syrup. These added sugars are found in most candy and desserts as well as in many beverages, including sodas, energy drinks, fruit drinks, and sweetened tea and coffee drinks.
- **Choose foods with less sodium**  
Choose whole foods and look for products that are lower in sodium (check the Nutrition Facts label); products considered low sodium contain 140 mg or less of sodium per serving). Use little or no salt when preparing food.



For more information about Stroke please scan the code or visit American Stroke Associations website at [stroke.org](http://stroke.org)



**American Stroke Association.**  
A division of the American Heart Association.