

# Nutrition and Stroke

Helpful Tips and Resources to Help You Reduce your Risk– April 2021

## Reducing Your Risk of Stroke

- Plant forward thinking
- Think: how can I increase the number of plants I am eating in a day?
  - \* Foods that count as plants: vegetables, fruit, whole grains, nuts, seeds, and legumes
- Limit high saturated fat sources and opt for plant-based sources of fat such as avocado oil and olive oil
- Decrease intake of meat and animal based products or choose leaner options
  - \* Lean animal proteins: chicken, turkey, fish, eggs, yogurt
  - \* Plant based protein sources: tofu, nuts, tempeh, seitan, beans, lentils
- Omega 3 fatty acids are critical for brain health and are anti-inflammatory
  - \* Found in nuts such as walnuts, seeds such as chia seeds & flax seeds and fatty fish such as salmon
- Limit processed or refined carbohydrates
- Limit sodium intake
  - \* Season foods with spices and herbs
  - \* Some research suggest spices such as turmeric have been linked to improved brain health
  - \* Spices and herbs can also help give flavor to food while limiting sodium
- Increase home-cook meals when possible

## Top 7 foods to add to your grocery list:

- 1) Leafy greens (kale, spinach, arugula, mixed greens, etc.)
- 2) Whole grains (such as oats, quinoa, brown rice)
- 3) Nuts & Seeds (especially flax or chia seeds; walnuts, almonds)
- 4) Legumes (any kind of bean)
- 5) Berries
- 6) Cruciferous Veggies (cauliflower, cabbage, broccoli)
- 7) Herbs & spices (especially turmeric)

## About the author:

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