

# STROKE PREVENTION GUIDE

## REDUCING THE RISK OF STROKES THROUGH NUTRITION

High blood pressure, medically called hypertension, is the number one risk factor for strokes. High blood pressure causes arteries to constrict, increasing the risk of the brain bleeding. Learn the tips on how to control blood pressure and reduce the risk of stroke.

### CUT BACK ON SALT

#### TOO MUCH SODIUM CAN LEAD TO HIGH BLOOD PRESSURE

Choose items with <140 mg sodium. Use alternative spices when cooking. Too much sodium can cause the body to hold fluid.

### LIMIT FRIED FOODS

#### TO CONTROL BLOOD PRESSURE & CHOLESTEROL

Fried foods are higher in fat & sodium. Choose to bake, grill, or broil meats.

### EAT FRUITS & VEGGIES

#### FIBER & ANTI-OXIDANTS

Keeping a diet rich in fruits and veggies will provide more fiber and reduce rates of high blood pressure and heart disease.

### LIMIT ALCOHOL

#### TO KEEP HEALTHY CHOLESTEROL

Women should drink no more than one drink per day. Men should drink no more than two drinks per day.

### SMART FATS

#### LEARN THE DIFFERENT TYPES

Eat less saturated fats (fats from animals) and more unsaturated fats (fats from plants)  
Examples of unsaturated fats: soybean & canola oils  
Saturated fats: butter, cream, whole milk

### QUIT SMOKING

#### NICOTINE CAUSES HIGH BLOOD PRESSURE

Smoking cigarettes is a huge risk factor for high blood pressure, leading to strokes and heart disease. Get help when quitting.

[SentaraStrokeAwareness.com](http://SentaraStrokeAwareness.com)

