

RECOMMENDED FOODS TO HELP PREVENT STROKES

GRAINS

GOOD SOURCE OF FIBER

Choose whole grains such as wheat, barley, rye. Choose brown or wild rice instead of white rice.

FRUITS & VEGETABLES

EXCELLENT SOURCE OF FIBER & ANTI-OXIDANTS

Choose fruits and vegetables with color such as leafy greens, bell peppers, tomatoes, berries

DAIRY

CHOOSE LOW FAT, LOW SODIUM

Fat-free (skim) milk, low-fat (1%) milk, non-fat and low-fat yogurt, and low-fat cheeses are all good options. Limit whole milk and processed cheese products.

PROTEIN

CHOOSE LEAN MEATS

Choose fish such as salmon, tuna, or mackerel. Choose lean cuts of beef and pork. Choose poultry without skin.

OTHER

CHOOSE LOW FAT OILS, ETC.

Unsaturated fats come from plants whereas saturated fats come from animals. It is better to choose fats from unsaturated sources such as avocado oil, canola oil, and nuts.

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