

# HEALTHY EATING

THE FOOD WE EAT CAN PLAY AN IMPORTANT PART IN **PREVENTING A STROKE.**



Diets that are high in saturated fat, sugar, and salt can **increase your risk of stroke.**



Diets that are high in fruits and vegetables can **lower your risk of stroke.**

## A POOR DIET CAN LEAD TO:



Weight gain and low energy



Type 2 Diabetes



Blood vessel damage

## HEALTHY FOODS CAN LOWER:



High blood pressure



Chances of a stroke or TIA



Cholesterol

## WHAT YOU CAN DO



### HEALTHY EATING HABITS

- ✓ Follow the Canadian food guide
- ✓ Reduce animal protein and include plant-based proteins such as nuts, seeds, and legumes
- ✓ Choose water as your main drink
- ✓ Limit intake of alcohol, sugar and salt
- ✓ Cook at home, avoid processed foods
- ✓ Reduce saturated fats such as those found in baked goods, cheese, ice cream, and meat
- ✓ Choose wholegrain products

### READ PACKAGING FOR:

- ✓ Serving sizes
- ✓ Calories, sodium, fat, and sugar content

TALK TO YOUR HEALTH CARE PROVIDER FOR MORE DIETARY ADVICE AND SUPPORT.