

Healthy Eating to Reduce the Risk of Stroke

A healthy diet can help to reduce your risk of stroke. Here are some guidelines for healthy eating.

Eat a variety of foods every day:

1. Vegetables & fruit

- Include vegetables and/or fruit at every meal.
- Make fruit your dessert most days.
- Eat fruit instead of drinking fruit juices and fruit drinks.



2. Grains

- Choose high fibre, 100% whole grain cereal, bread, rice and pasta.



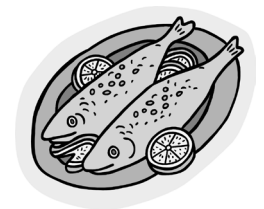
3. Milk and milk alternatives (such as soy beverage)

- Choose low-fat milk or milk alternatives every day (1% fat milk fat or less).
- Cheese and ice cream, are high in fat. Limit how much you have and how often you eat them (less than daily).



4. Meat and alternatives

- Eat small portions of lean meats. Choose poultry more often than red meat.
- Eat alternatives to meat such as fish, tofu and legumes (dried beans, peas and lentils) several times per week.
- Limit or avoid processed deli meats and sausages and deep-fried, battered meat, fish and poultry.



Other tips

1. Choose foods prepared with little or no salt.

- Use seasonings such as spices, fresh herbs, onion, lemon and vinegars for added flavor. Limit use of condiments such as soy sauce, ketchup, stir-fry sauce, fish sauce, etc.
- Eat more foods prepared from scratch. Limit convenience foods such as frozen meals, packaged seasoned-rice or pasta, canned soups, etc.
- Read food labels and nutrition information provided by restaurants to choose foods that have less sodium.

2. Include healthy fats as part of your diet.

- Use healthy fats such as olive and canola oil, non-hydrogenated margarine, avocado and unsalted nuts and seeds.
- Aim for 2 to 3 servings of fish rich in Omega-3 fats such as salmon, herring, trout, mackerel and sardines per week.
- Limit foods high in saturated fats such as butter, full fat dairy products, fatty meat and poultry skin.
- Avoid foods that include trans fats or partially hydrogenated oils such as shortening.

3. Choose healthy snacks.

- Choose healthy snacks from the 4 food groups, such as: fruit (fresh, canned or dried), raw vegetables, hummus dip, whole grain crackers or bread, yogurt, natural nut butter, handful of nuts, high-fibre, whole grain granola bar or cereal.

4. Limit or avoid alcohol.

- Talk to your doctor for more guidance about alcohol.

5. Limit foods high in added sugar.

- Limit or avoid things like soft drinks, sugary coffee and tea beverages, sports drinks, cakes, pastries, donuts, candy and syrup.

6. Read labels.

- Read food labels to help to make healthy food choices. Aim for 5% Daily Value (DV) or less per serving of sodium. Limit sodium intake to less than 2000 mg per day.
- Choose foods with less than 5% Daily Value (DV) of saturated fat. Aim for 0 grams of trans fats per day.
- Include high fibre food choices. Aim for 15% or more Daily Value (DV) for fibre.
- Aim for 15% Daily Value (DV) or less per serving of sugar.

For more information

- Canada's Food Guide online: <https://food-guide.canada.ca/en>
- UnlockFood.ca: <http://www.unlockfood.ca/en/default.aspx>
- Heart & Stroke Foundation: 1 888 473 4636 or www.heartandstroke.ca
- Dietitians of Canada: www.dietitians.ca/eatwell
- Cardiac College: <https://www.healthuniversity.ca/EN/CardiacCollege/Eating/>

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