

EATING WELL AFTER A STROKE

Food for Brain. Heart for Life. Support for Recovery.

The foods you choose every day send powerful signals throughout your body. Healthy eating can help protect your blood vessels, reduce inflammation, support brain health, and lower your risk of another stroke.



FOOD DOES MORE THAN PROVIDE CALORIES.

Every meal provides information to your body. It can help turn genes on or off in ways that influence inflammation, blood sugar, blood vessel health, and how your cells function.



WHY IT MATTERS

- ✓ Supports healthy blood vessels
- ✓ Reduces inflammation
- ✓ Supports healthy blood sugar
- ✓ Promotes brain health
- ✓ Lowers risk of another stroke

1 MEDITERRANEAN-STYLE EATING: THE GOLD STANDARD FOR BRAIN & HEART HEALTH

Research consistently shows that a Mediterranean-style eating pattern is associated with a lower risk of stroke, heart disease, and cognitive decline.

FOCUS ON MORE OF THESE FOODS



Vegetables
Every day



Fish
2-3 times per week



Olive Oil
As your primary fat



Beans & Lentils
Regularly



Nuts & Seeds
Daily



Fruit
Every day

2 EAT THE RAINBOW

Different colors contain different plant nutrients (phytonutrients). The more colors you eat, the more protective compounds you provide your body.

RED



Tomatoes, strawberries, cherries, red peppers
Lycopene supports heart and blood vessel health.

ORANGE/YELLOW



Carrots, sweet potatoes, peppers, squash
Beta-carotene supports immune function and eye health.

GREEN



Broccoli, spinach, kale, green beans
Rich in folate, vitamin K, and natural compounds that protect cells.

BLUE/PURPLE



Blueberries, blackberries, purple cabbage, beets
Antioxidants help protect cells and support memory.

3 OMEGA-3s & HEALTHY FATS

Your brain is nearly 60% fat. Omega-3 fats help build and protect brain cells and support healthy blood vessels.

FOOD SOURCES



Salmon, mackerel, sardines, herring, walnuts, chia seeds, flaxseeds



TIP:

Eat fatty fish 2-3 times per week. Add nuts, seeds, or ground flaxseed to meals and snacks.

4 FEED YOUR GUT, HELP YOUR BRAIN

Your gut and brain constantly communicate. A healthy gut may help improve inflammation, blood sugar control, and even mood.

EAT MORE FIBER-RICH FOODS



Beans & lentils



Whole grains



Vegetables



Fruit



TIP:

Aim for 25-35 grams of fiber per day from a variety of plant foods.



A HEALTHY EATING PATTERN IS POWERFUL MEDICINE.

You don't need a perfect diet. Small, consistent changes over time can make a big difference.

