

# Dietary Tips to **PREVENT & RECOVER** After Stroke



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# DIETARY TIPS TO PREVENT AND RECOVER AFTER STROKE

Having a well-balanced diet and following a healthy lifestyle can not only help you prevent and recover from stroke but is a key to reducing your risk of having another episode of stroke.

Eating a healthy diet and following an active lifestyle can also help you to manage your risk factors for stroke like:

- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Heart disease
- ✓ Diabetes
- ✓ Excess weight

It is therefore important that you take the following steps to prevent and reduce your risk for stroke.

## MAINTAIN A HEALTHY BODY WEIGHT

A healthy eating pattern coupled with at least 150 minutes of physical activity per week can help optimize energy balance.



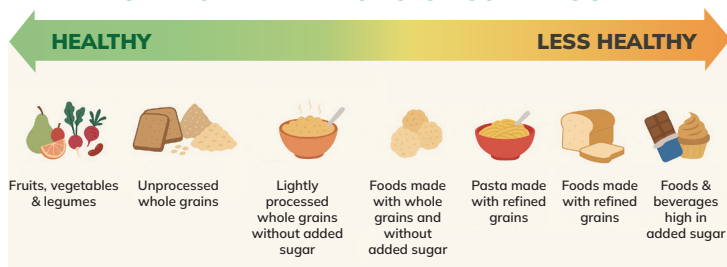
## EAT PLENTY OF FRUITS & VEGETABLES

- ✓ Choose a wide variety and seasonal produce.
- ✓ Deeply colored fruits and vegetables like berries, beetroot, pomegranate, tomatoes, dark green vegetables, broccoli, red cabbage, radishes, eggplant, etc. are nutrient dense and high in antioxidants.
- ✓ Whole fruits and vegetables provide more dietary fiber and satiety compared with juices.

## CHOOSE WHOLE GRAINS OFTEN OVER REFINED GRAINS

Choose barley, millets, quinoa, wild basmati rice, bulgar, whole wheat, buckwheat, freekeh, oats etc. over refined foods.

### CARBOHYDRATE CHOICE CONTINUUM



## CHOOSE HEALTHY PROTEIN SOURCES

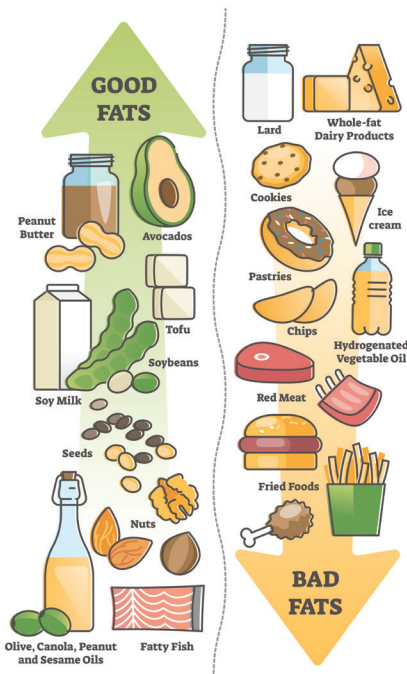
- ✓ Choose natural plant-based protein sources like legumes and beans, lentils, nuts, seeds, soy, tofu, edamame, etc. often. Avoid canned sources.
- ✓ The use of plant-based meat alternatives requires caution because many are ultra processed and contain added sugar, saturated fat, salt, stabilizers and preservatives.
- ✓ Choose seafood and fatty fish like salmon, sardines, herring, mackerel, trout with at least 3-2 servings of fish/week. Fried preparations are not associated with benefits.
- ✓ Choose low fat dairy products over full fat dairy products.
- ✓ If meat and poultry are desired choose leaner cuts without skin. Choose chicken breast over wings, thighs and drumsticks. Choose tenderloin meat over fatty cuts. Avoid organ meats.
- ✓ Limit egg yolks to 3-2 eggs with yolk per week. Choose egg white and egg substitutes—they don't have cholesterol.
- ✓ Avoid all forms of processed proteins including canned beans, meat, poultry and seafood products preserved by smoking, curing, salting or addition of chemical preservatives. Common examples include bacon, sausage, hot dogs, salami, pepperoni, and deli meat.

## ADD FOODS RICH IN SOLUBLE FIBER

Like beans, peas, lentils, apples, oranges, pears, sweet potatoes, oats, oat bran, and ground flax seeds.

## USE LIQUID NON-TROPICAL PLANT OILS OVER TROPICAL OILS, ANIMAL FATS AND PARTIALLY HYDROGENATED FATS

- ✓ Choose heart healthy fats - Use non-tropical oils like canola, corn, olive, peanut, safflower, sesame, and soybean oils. Use avocados, nuts and seeds, nut butter.
- ✓ Avoid unhealthy fats – Avoid tropical oils like coconut oil, palm oil. Avoid animal fat from lard, butter, ghee, cream, fatty meats, poultry skin. Avoid trans-fat sources like fried foods, commercially baked foods, processed foods and margarine.
- ✓ Avoid baked goods made with saturated and trans fats such as donuts, cakes and cookies.
- ✓ Cut off all visible fat from meat before cooking.
- ✓ Remove the skin from poultry.



# CHOOSE UNPROCESSED OR MINIMALLY PROCESSED FOODS OVER PROCESSED OR ULTRA PROCESSED FOODS

## UNPROCESSED/MINIMALLY PROCESSED FOODS

Food which did not undergo processing or underwent minimal processing techniques, such as fractioning, grinding, pasteurization and others.



Legumes, vegetables, fruits, starchy roots and tubers, grains, nuts, beef, eggs, chicken, milk

## PROCESSED CULINARY INGREDIENTS

These are obtained from minimally processed foods and used to season, cook and create culinary dishes.



Salt, sugar, vegetable oils, butter and other fats

## PROCESSED FOODS

These are unprocessed or minimally processed foods or culinary dishes which have been added processed culinary ingredients. They are necessarily industrialized.



Bottled vegetables or meat in salt solution, fruits in syrup or candied, bread, cheeses, purees or pastes

## ULTRAPROCESSED FOODS

These are food products derived from foods or parts of foods, being added cosmetic food additives not used in culinary.



Breast milk substitutes, infant formulas, cookies, ice cream, shakes, ready-to-eat meals, soft drinks and other sugary drinks, hamburgers, nuggets

# AVOID FOODS AND BEVERAGES WITH ADDED SUGARS

Added sugars refer to any sugars added to a food or beverage during preparation or processing.

- ✓ Common types of added sugars include glucose, dextrose, sucrose, high fructose corn syrup (HFNS), honey, maple syrup and concentrated fruit juice.
- ✓ Added sugars are associated with elevated risk of type 2 diabetes, excess body weight, fatty liver and heart disease.



## CHOOSE AND PREPARE FOOD WITH LITTLE OR NO SALT

The leading sources of dietary sodium are processed foods, pickled foods, brined foods, packaged foods, restaurant foods, salted chips, salted nuts, excessively salty cheese, sauces like soy sauce, Worcestershire sauce, oyster sauce, packaged soups, foods containing monosodium glutamate, etc. Taking too much salt can cause high blood pressure and can increase the risk for stroke. Instead, try to season your foods using natural seasonings like:

- ✓ Ginger
- ✓ Garlic
- ✓ Oregano
- ✓ Basil
- ✓ Leeks and onions
- ✓ Lemon
- ✓ Parsley
- ✓ Spices
- ✓ Tomato
- ✓ Mustard
- ✓ Other herbs



## IF YOU DO NOT DRINK ALCOHOL, DO NOT START; IF YOU CHOOSE TO DRINK ALCOHOL, INTAKE OR AVOID BINGE DRINKING

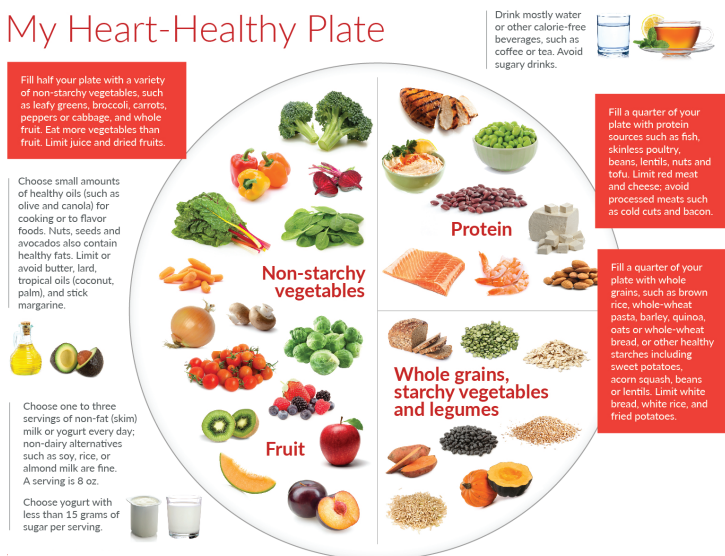
- ✓ Alcohol is a source of empty calories and makes you gain weight and increases your waist circumference, putting you at a greater risk of stroke.
- ✓ Alcohol contains between 100 and 150 calories per standard drink, which can increase total daily calories significantly.
- ✓ Drinking too much alcohol can raise the levels of some fats in the blood known as triglycerides and can increase your risk of developing heart disease.
- ✓ Limit to no more than 1 drink/day for women and 2 drinks/day for men.

# QUIT TOBACCO CONSUMPTION



Tobacco consumption or smoking increases your risk for heart disease. Besides cigarettes, other tobacco products include cigars, pipe tobacco, and smokeless tobacco. Some people think these products are safer than cigarettes. They aren't. Electronic cigarettes, or e-cigarettes, also deliver nicotine, a chemical in tobacco that is addictive. No tobacco product is safe.

## My Heart-Healthy Plate



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