

10 Nutrition Tips for Stroke Prevention

Presented by

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Ten nutrition tips:

- 10 nutrition practices that help with the prevention and treatment of stroke and other forms of coronary heart disease
- Evidenced based practice

Not just heart healthy:

Better energy, lose weight, feel better!

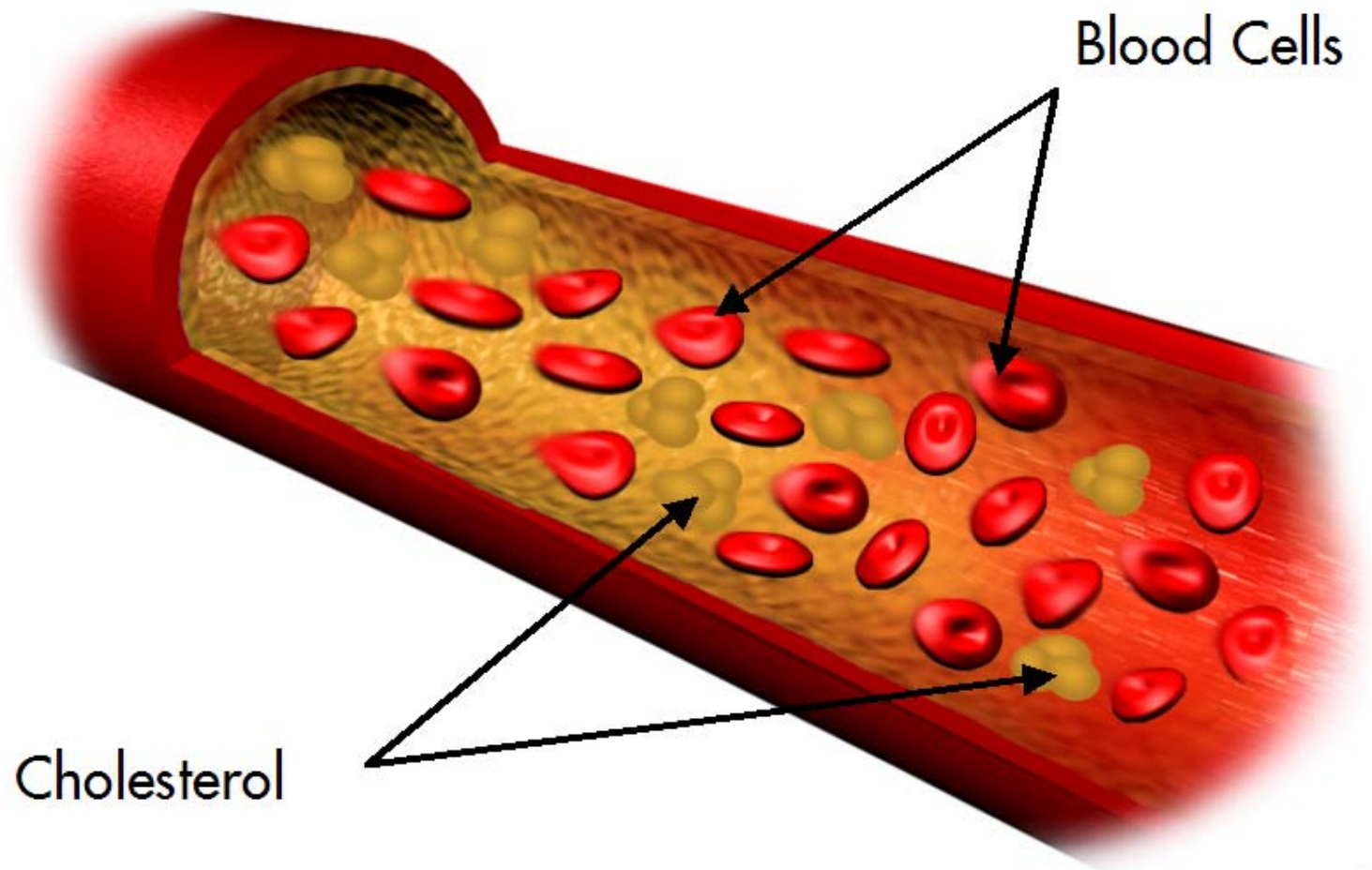
Healthy nutrition reduces major risk factors for stroke

- High LDL
- Low HDL
- High blood pressure
- Obesity
- Diabetes
- Other emerging risk factors

Goals of this lecture are to:

1. Explain the benefits of moderating and increasing certain types of foods in your diet
2. Give you food specific guidelines (tell you what to eat, how much to eat)
3. Answer any questions you have!

Cholesterol circulates in your bloodstream

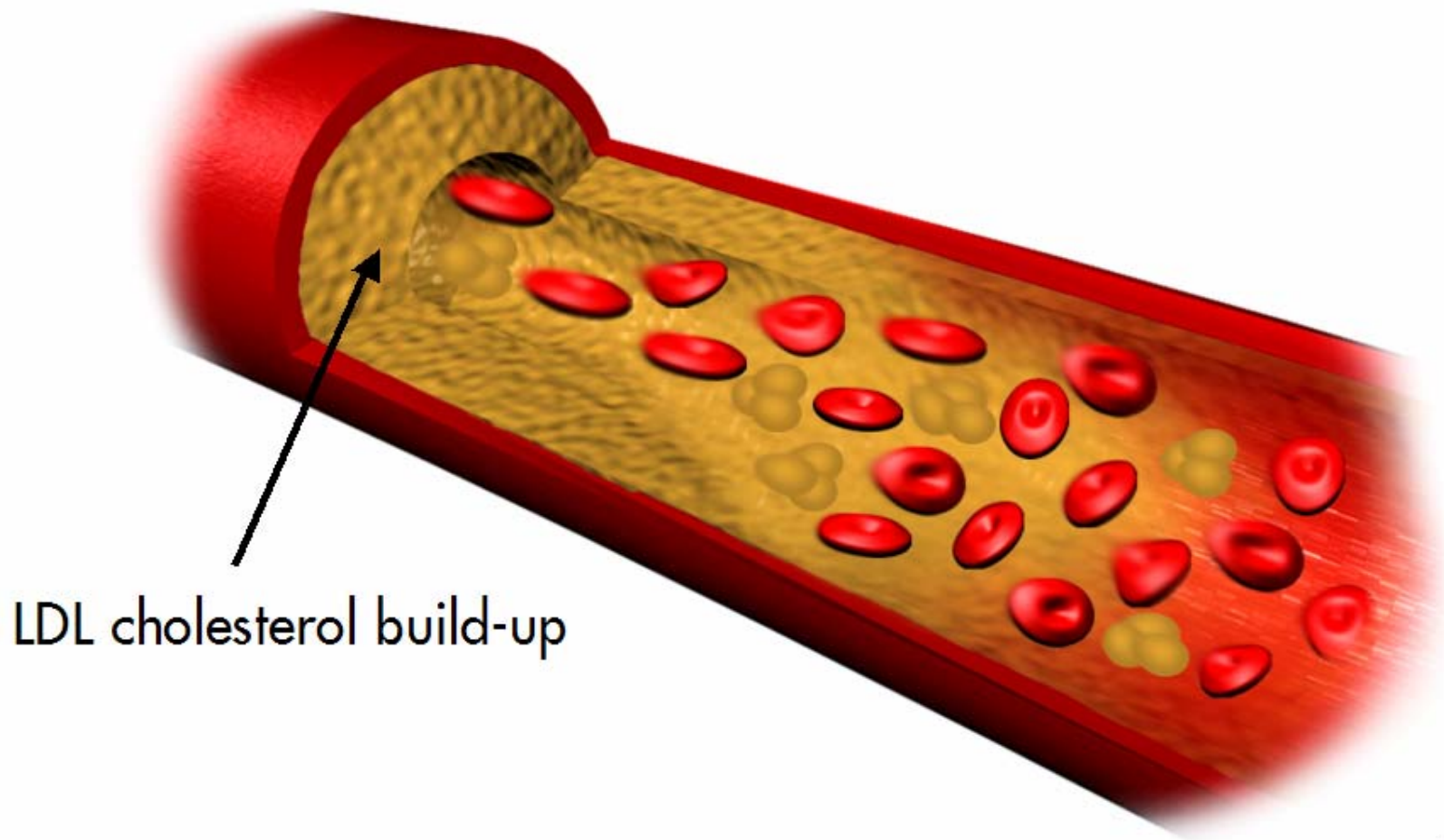


Cholesterol

Blood Cells

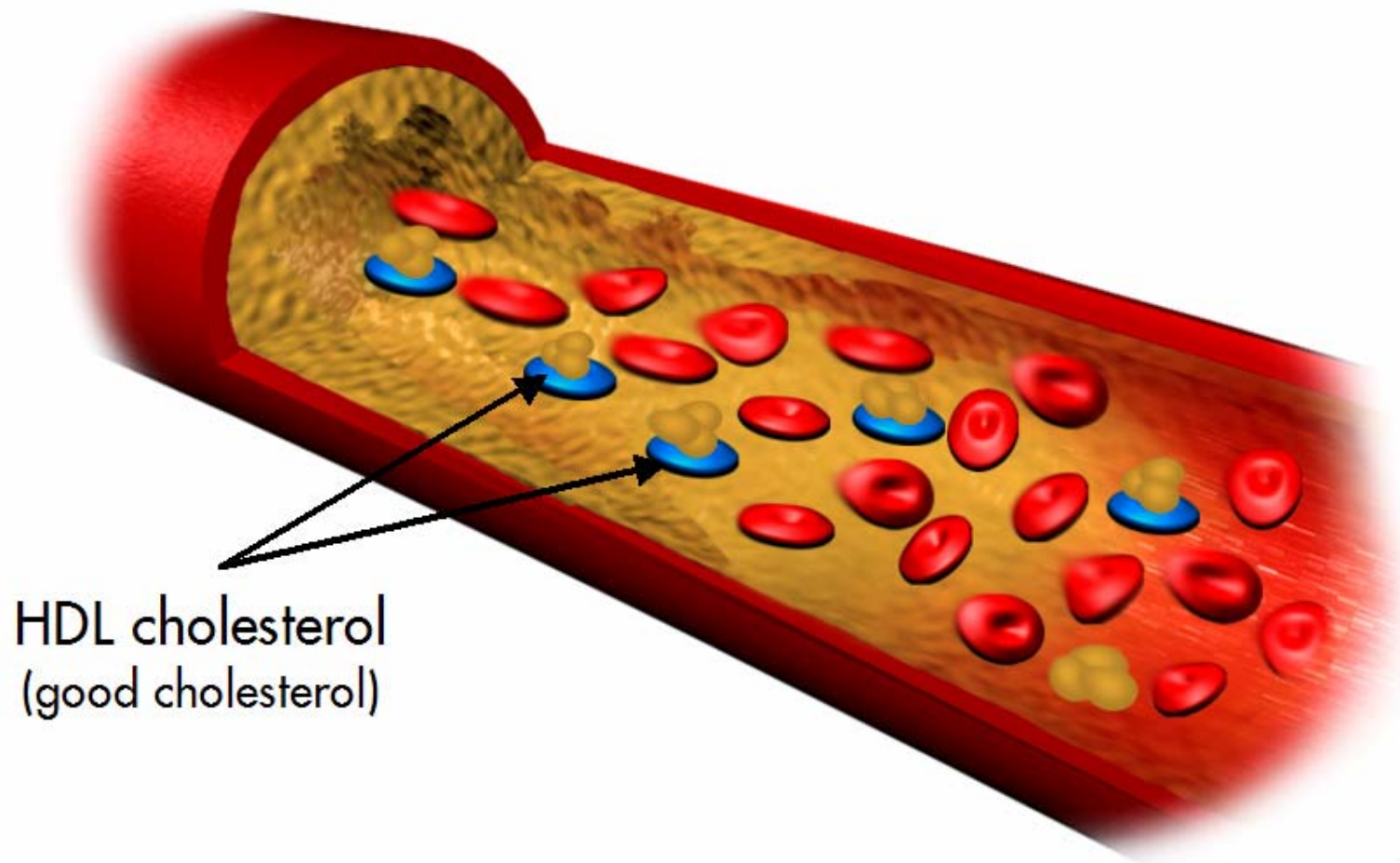
Conceptual illustration

LDL (bad) cholesterol can block your arteries



Conceptual illustration

HDL (good) cholesterol helps remove LDL cholesterol



HDL cholesterol
(good cholesterol)

Conceptual illustration

Fat Facts

BAD FATS

- Saturated
- Trans Fatty Acids

GOOD FATS

- Monounsaturated
- Polyunsaturated

TIP#1 Decrease intake of Saturated Fat (BAD FAT)

- The main culprit for ↑ LDL cholesterol
- Sources animal products:
 - fatty meat, butter, eggs, cheese, palm oils, pork, skin from chicken, lard, and whole milk products
 - Eat less < 7% calories/day
 - 9-14 grams saturated fat/day

Tip #2 READ FOOD LABELS

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start here

Check calories

Quick guide to % DV

5% or less is low
20% or more is high

Limit these

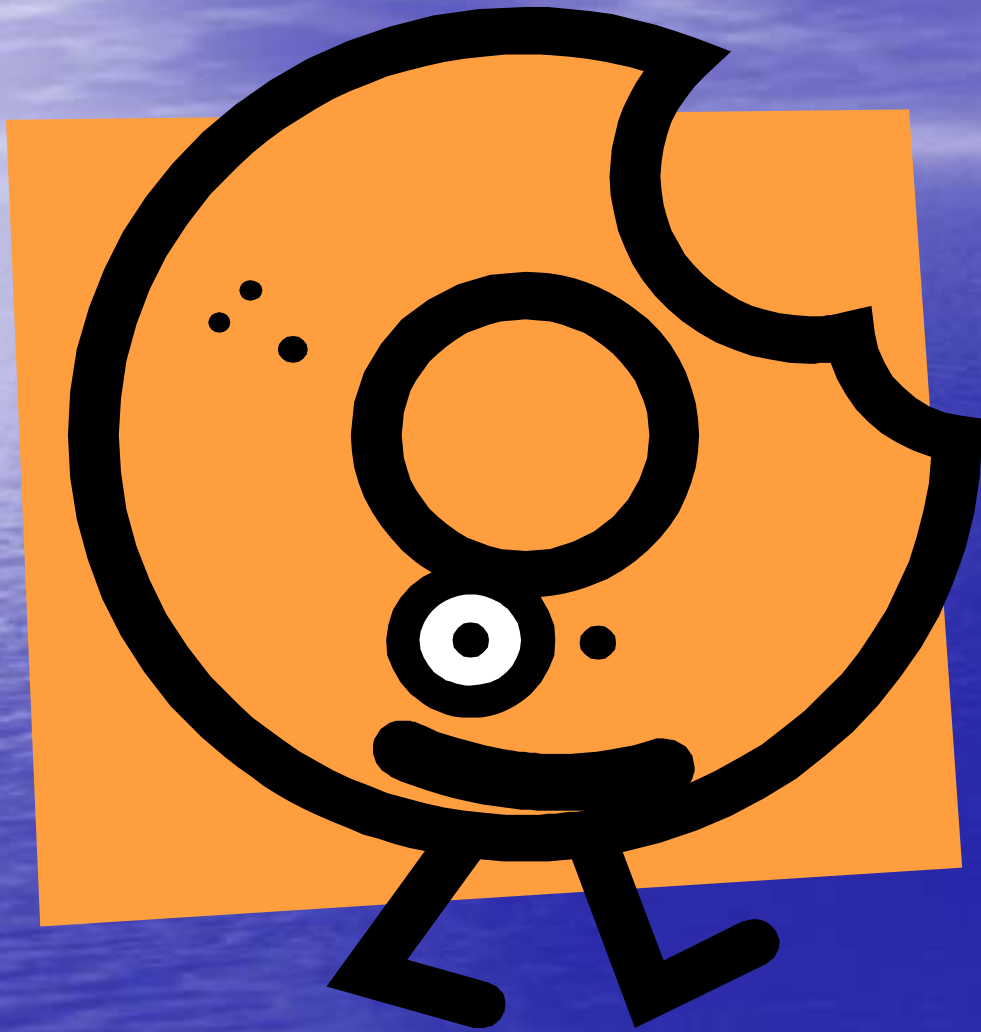
Get enough of these

Footnote

- Read Top to Bottom
- Note Serving Size
- Facts are based on this size
- How much are you eating?

Lower saturated fat choices

- Choose lower fat versions of high saturated fat products:
- Instead of Whole Milk (5gm saturated fat) choose 1% or skim milk (0-1gm)
- Instead of cheddar cheese (6gm) choose part skim mozzarella (2gm)
- Limit red meat...Eat More Chicken and Fish



Ha ha ha!

TIP#3 Eliminate intake of Trans Fats

- ↑ LDL-C, ↓ HDL-Cholesterol
- Sources: stick margarine, baked goods w/ shortening, fast food, cookies, crackers, frozen foods
- Hydrogenated or partially hydrogenated oils (*you can spot this in ingredient listing*)

TIP#4 ↑ Monounsaturated Fat

- **Monounsaturated Fats**

Olive oil, canola oil, avocados, olives, almonds, walnuts and other nuts

- ↑ HDL-C, ↓ LDL-C when replaced for saturated fats.
- Important to remember fat is high in calories so don't overdo it

TIP#5 More Good Fat: Omega 3 Fatty Acids

- Found in cold water fish: salmon, tuna, mackerel
- EPA and DHA
- ↓ risk of blood clotting
- ↓ triglycerides
- May ↓ LDL, ↓ blood pressure

How much fish and omega 3's?

- AHA recommendations 1-3 gm/day
- Equals to 3 oz of fatty fish/day 3x/week for low risk patients
- Eat 3 oz every day for high risk patient
- Other sources: Walnuts, Flax. ALA, convert to EPA/DHA poorly, hard to meet recommendations
- Fish oil or omega 3 supplements

TIP#6 Drop that salt shaker!

- Hypertension is major risk factor for stroke
- Rec: <2000 mg/day 1 tsp of salt has 2300 mg
- Watch out for canned foods, packaged foods anything that needs to be preserved
- Read food labels, if >200mg/food too much
- Use spices, herbs for flavoring

TIP#7 Fill up with fiber

- Sources of soluble fiber include Beans, fruits, vegetables, oats, legumes, and flax seed.
- Consuming **15-25** gm/day of *soluble* fiber/day reduces LDL cholesterol (bad cholesterol).

TIP#8 Eat More Fruits & Veggies

- Diet rich in fruits, vegetables, have a number of components that reduce the risk of stroke
- Soluble fiber antioxidants, folate, potassium, magnesium and much more
- 4-5 Servings/day but as MUCH AS YOU CAN!
- Follow the DASH diet- Proven to ↓ HTN

TIP#9 Try foods with plant stanols

- Natural plant compounds added to food
- Lowers LDL by binding to cholesterol
- Margarine Spreads: Benecol or Promise Activ, Promise Activ Supershots (yogurt drink)
- Aim for 2-3grams per day, 2 Tbs Margarine
- Research ↓ LDL by 10-14%

TIP#10 Achieving or maintaining a healthy weight

- Losing 5-10% of your body weight can make a significant difference
- ↓ LDL, ↑ **HDL**, ↓ Triglycerides, ↓ blood pressure, help control blood sugars

Tips for weight loss

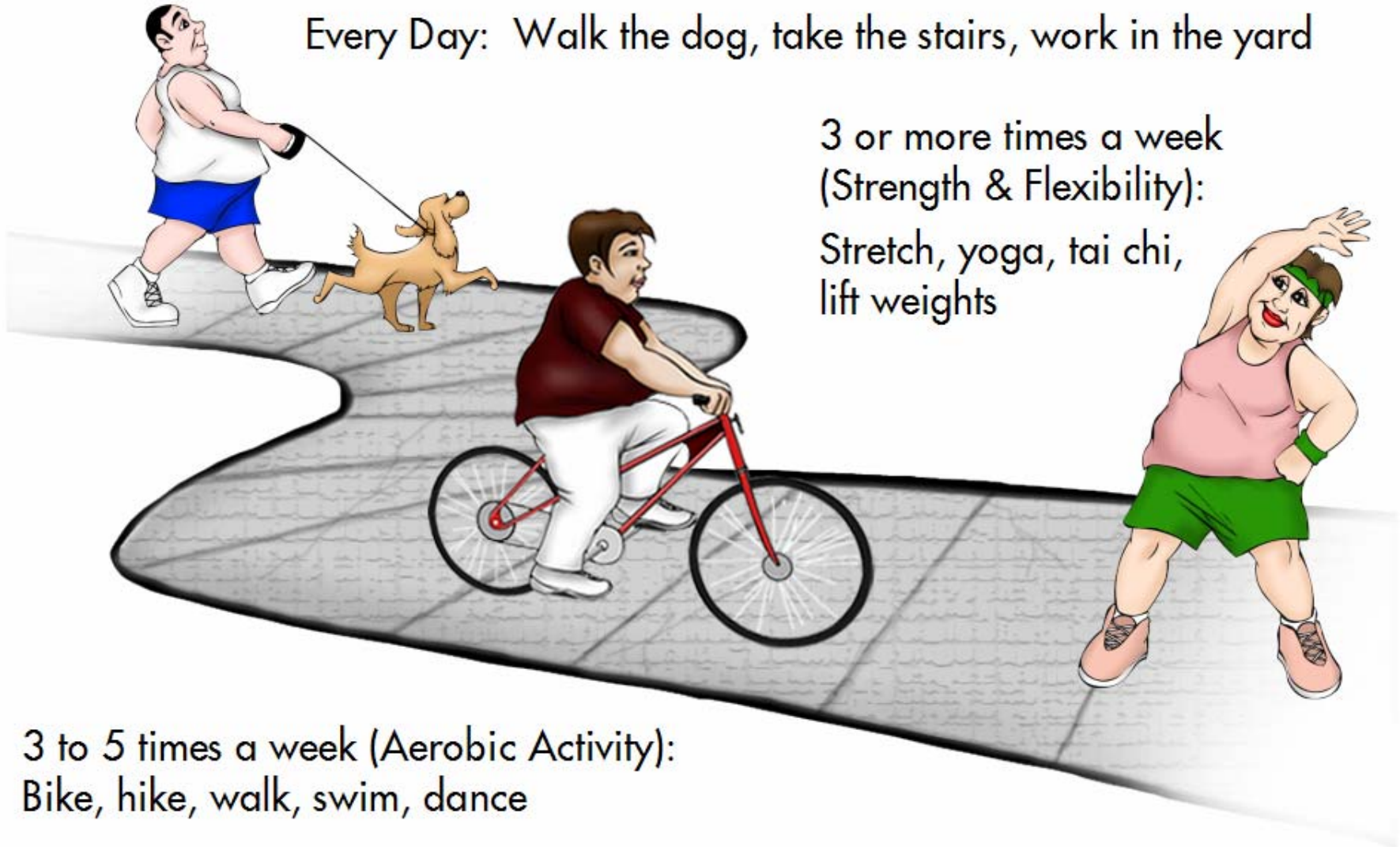
- Choose foods with less fat, less calories
- Moderate portion sizes, too much of anything will add calories
- Eat breakfast every day, several small meals 3-5X/DAY
- Most successful way is to keep a food journal

Take the path to an active lifestyle

Every Day: Walk the dog, take the stairs, work in the yard

3 or more times a week
(Strength & Flexibility):

Stretch, yoga, tai chi,
lift weights



3 to 5 times a week (Aerobic Activity):
Bike, hike, walk, swim, dance

So Ken, what can I eat?

- Whole grain breads, oatmeal, fresh or frozen vegetables and fruits, skim or low fat milk, low fat cheese, leans meats, chicken, fish, foods with plant stanols
- Everything in moderation
- READ FOOD LABELS FOR EVERYTHING

THANK YOU FOR YOUR TIME!

To schedule a one-on-one nutrition
consultation:

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Good Sources for more information

- www.americanheart.org
- www.nutrition.gov
- www.4women.gov
- www.nhlbi.nih.gov/health
- www.lowsodiumliving.com