



# Strategies for Stopping Stroke

Battle stroke as you do heart disease, with diet and exercise.

Factor	How It Works	What to Do
<b>What lowers risk?</b>		
<b>Alcohol</b>	Boosts blood levels of high-density lipoprotein (HDL) cholesterol. Reduces the formation of clots.	Limit beer, wine, mixed drink intake to a daily maximum of one (women) or two (men). One drink = one beer, five ounces of wine or one ounce of liquor.
<b>B vitamins</b> <i>B6, B12 and folate (folic acid)</i>	Decrease blood homocysteine (amino acid) levels. Lower blood pressure.	Eat dried beans, fortified cereals, spinach, broccoli and drink orange juice. Take a daily senior multivitamin with extra Bs.
<b>Vitamin C</b>	Strengthens artery walls. Prevents blood platelets from clumping together. Lowers blood pressure.	Eat citrus fruits, peppers, strawberries and tomatoes; drink fruit juices.
<b>Omega-3 fats</b>	Combat blood clots.	Eat salmon, sardines, light tuna, walnuts, flaxseed oil, flax meal and dark leafy greens.
<b>Physical activity</b>	Improves blood pressure and blood cholesterol. Enhances elasticity of blood vessels. Reduces the likelihood of clots.	Be moderately active 30 to 60 minutes most days of the week.
<b>Potassium</b>	Helps normalize blood pressure.	Eat apricots, bananas, dried beans, lentils, potatoes, prunes and tomatoes; drink orange juice and low-fat milk.
<b>What raises risk?</b>		
<b>Excessive calories</b>	Contribute to overweight, obesity.	Eat just enough to achieve or maintain a healthy weight.
<b>Refined carbohydrates</b>	Trigger overproduction of insulin and resistance to insulin.	Eat fewer sugary items like desserts. Eat less white bread, white rice and regular pasta. Drink fewer sweetened sodas.
<b>Saturated and trans fats</b>	Raise blood levels of low-density lipoprotein (LDL) cholesterol. Lower HDL blood levels.	Eat fewer red and processed meats, fried foods and snacks with hydrogenated oils.
<b>Sodium</b>	Raises blood pressure.	Limit processed foods, cured meats and pickles.



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