



8 OUT OF **10**
STROKES CAN BE PREVENTED

HOW? LESS SALT, MORE POTASSIUM

Too much sodium in your bloodstream causes high blood pressure—the leading cause of stroke.



Limit your intake to 2,300 milligrams (mg) per day or less.

Most of our sodium comes from packaged, prepared and restaurant foods.



1/4 TEASPOON OF SALT EQUALS 575 MG OF SODIUM

ONLY ABOUT 10% OF THE SALT WE EAT IS ADDED IN HOME COOKING OR FROM THE SALT SHAKER!

Foods high in sodium: chips, ham, bacon, hot dogs, cold cuts, pizza, canned soup, packaged meals, cheese, bread and rolls, condiments like soy sauce and ketchup.

Most of us don't get nearly enough potassium. Recommended daily intake is 4,700 mg.



POTASSIUM WORKS TO CONTROL HIGH BLOOD PRESSURE AND REDUCE THE EFFECTS OF SODIUM.

1 medium banana = 422 mg potassium
1 cup of white beans = 1,189 mg potassium



FOODS WITH MORE POTASSIUM THAN A BANANA:
Swiss chard, white potatoes, black beans, tomato sauce, edamame, watermelon, butternut squash, plain yogurt, sweet potatoes, frozen spinach, beets, canned salmon

Rules may be different for athletes and persons with certain medical conditions. Talk to your doctor.

Learn more about Healthy Living at heart.org and look for Know Stroke Prevent Stroke on Facebook. [@MTStroke](https://www.facebook.com/MTStroke)