



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

HOW? EAT HEALTHY

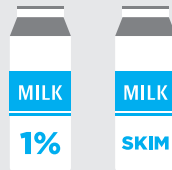
Half of what you eat should be vegetables and fruits.

5 OR MORE SERVINGS A DAY.



Eat a wide variety and include dark leafy greens. Traditional foods include chokecherries, buffalo berries and June berries.

Look for low or reduced fat dairy products.



DRINK A LOT OF WATER. AVOID SUGARY DRINKS.



GET HEALTHY PROTEIN FROM SKINLESS CHICKEN, FISH, NUTS, SEEDS AND BEANS.

Eat fiber-rich whole grains. Oatmeal and brown rice are good options.



Limit red meat and fat. Deer, elk, and buffalo meat are naturally lean.

Nutrition Facts

Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
Total Fat 4%	4%

Shop for healthy foods. Read nutrition labels! Avoid saturated fat, trans fat and partially hydrogenated oil.



Combine healthy eating with healthy activity—at least 150 minutes of moderate exercise every week.



USE HEALTHY OILS.



CANOLA



OLIVE

Prepare meals in healthy ways. Choose less fried foods, processed, or refined foods and sugar.

Learn more about Healthy Living at heart.org

@MTStroke