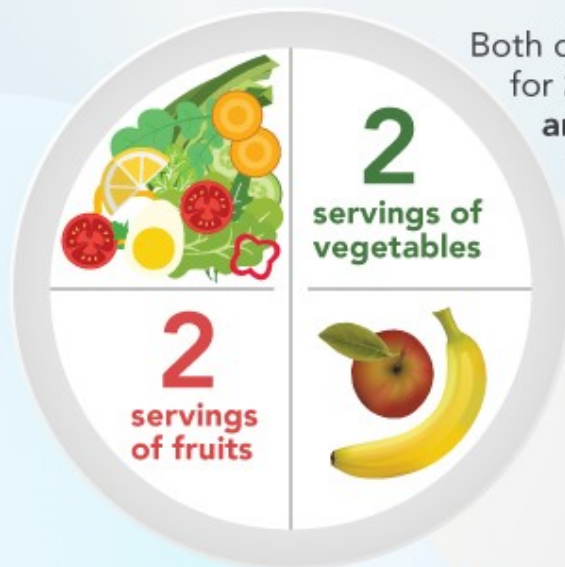
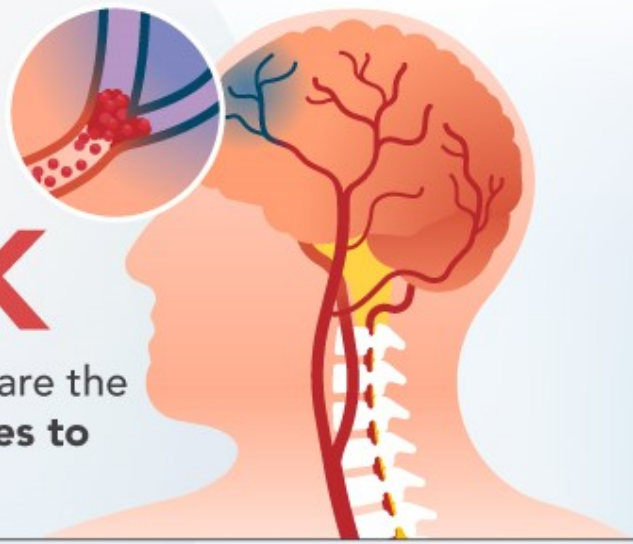


## DIETARY APPROACHES TO

# REDUCE STROKE RISK

The two most well-studied diets on stroke risk are the **Mediterranean** and **DASH (Dietary Approaches to Stop Hypertension)** diets.



Both diets typically aim for **2 servings of fruits and 2 servings of vegetables daily.**

Substitute saturated and trans fats intake (e.g. butter and mayonnaise) with **unsaturated fats or olive oil/spread.**



Limit daily sodium intake to 2000mg. Choose fresh ingredients and foods with low or no-added sodium.



FISH



EGGS



SOY

Choose alternative protein sources such as fishes, eggs and soy products. **Limit red and processed meat intake.**



Both diets consist of the above four approach. Key differences of a **Mediterranean diet include a higher intake of healthy fats and fish**, less dairy, and moderate consumption of alcohol.



My Healthy Plate by Health Promotion Board is another diet that can help to reduce stroke risk.

**You can choose any diets or combine diets according to your lifestyle and budget.**