

Dietary Guidelines for Stroke



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قسم التغذية العلاجية

Dietetics and Nutrition Department

What is stroke?

A stroke occurs when the blood supply to the brain is impaired or cut off. The brain needs this constant blood supply to deliver vital nutrients and oxygen to the brain cells.

Complications

A stroke can sometimes cause temporary or permanent disabilities, depending on how long the brain lacks blood flow and which part was affected.

Examples of complications that may affect your nutrition:

- Difficulty swallowing.
- Problems with using your arm/hand.
- Problems with memory and thinking.
- Loss of appetite due to not feeling hungry, anxiety or depression, unfamiliar foods and fatigue.
- Those complications result in not obtaining enough nutrients through eating or drinking, and also losing weight which may slow down your recovery.

Risk factors for strokes

1. Non-modifiable risk factors like age, sex, race, and heredity

2. Modifiable risk factors

- * Hypertension
- * Atrial Fibrillation
- * Diabetes Mellitus
- * Dyslipidemia
- * Smoking
- * Alcohol Consumption
- * Physical inactivity
- * Obesity

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Prevention of stroke

Important things you can do to reduce your stroke risk:

Control medical conditions:

- Heart disease
- Hypertension
- Diabetes
- Hyperlipidemia

Maintain a healthy lifestyle:

- Maintain a healthy weight by balancing the calories you eat with physical activity
- Be physically active at least 5 days per week – moderate intensity aerobic physical activity for at least 30 minutes.
- Stop smoking
- Check with your physician about alcohol
- Maintain a healthy eating pattern by the following:
 - **Eat more fruit and vegetables:** Aim for 3 to 5 servings of a variety of vegetables and for 2 to 4 servings of a variety of fruit daily.
 - **Eat more fiber:** Foods that are high in fiber such as wholegrain cereals, brown rice, grains and legumes help to reduce the amount of cholesterol in your blood.
 - **Control your blood cholesterol level by:**
 - * Limit saturated fat and avoid trans-fat. These types of fat can raise the low-density lipoprotein (LDL “bad”) cholesterol in your blood.
 - Saturated fat is found in foods from animals, such as fatty meats, whole milk, butter, cream, and other dairy foods made with whole milk. It is also in tropical oils (palm, palm kernel, and coconut).
 - Trans fat is found in all foods made with hydrogenated oils. It may be in fried foods, crackers, chips, and foods made with shortening or stick margarine.
 - * Limit the cholesterol that you get from food to 200mg of cholesterol per day. Food high in cholesterol includes organ meats, egg yolks, fatty meat, processed meats, shrimp, and

- * whole milk dairy products including butter, cream, and cheese.
- * Avoid fast food. It contains a lot of saturated fats, trans- fats and it is high in calories.
- * Avoid processed meats like sausages, mortadella, salami, bacon and canned meats.
- * Stay away from all types of ready meals and snacks.
- * Choose unsaturated fats (heart-healthy fats), such as soybean, canola, olive, or sunflower oil.

Fat content in food

The below table shows some phrases that can be used as a guide for your shopping

Labeling terms	Definition for this term
Fat-free	less than 0.5g per serving
Low saturated fat	1g or less of saturated fat per serving
Low fat	3g fat or less per serving
Reduced fat	At least 25% less fat per serving compared with original product
Light (in fat)	contains half the quantity of fat than the original product
Low cholesterol	20mg or less per 50g of food
Cholesterol free	Less than 2mg per labeled serving
0 grams trans fat	Contains 0g to less than 0.5g of trans fat per serving

FDA/U.S Food & Drug Administration

- o **Include Omega 3 fatty acid in your meal plan:**
 - * Eat at least two portions of oily fish per week (salmon, trout, herring, pilchards, sardines, and fresh tuna).
 - * And include the following: walnuts, flaxseeds, chia seeds, canola oil and soybean oil.

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o **Cut down on sugar**

- * Reduce sugary foods and drinks as much as possible. These food not only affect your diabetes control but can also cause weight gain due to their high calories content.
- * Choose sugar free drinks, and use artificial sweeteners if needed.
- * Drink only small amounts of fruit juice, replace it with whole fruit.

Sugar content in food

It may be listed as sugar or 'carbohydrates from sugar'. If sugar is at the top of the ingredients list, you will know that the food contains a lot of sugar.

- A high amount of sugar is more than 15g per 100g.
- A low amount of sugar is 5g or less per 100g.

o **Limiting salt (sodium) in your diet can also lower your blood pressure.**

- * Choose low or reduced sodium, or no salt added versions of foods.
- * Choose fresh, frozen, or low-sodium or no added salt vegetables and fruits.
- * Rinse canned foods, such as tuna and canned beans, to reduce sodium.
- * Soak and rinse salted pickles and cheese.
- * Use fresh poultry, fish and lean meat rather than canned, smoked, or processed types.
- * Choose ready-to-eat breakfast cereals that are lower in sodium.
- * Stay away from cured foods (such as bacon, luncheon), foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut), and condiments (such as mustard, horseradish, ketchup, and barbecue sauce).
- * Limit low sodium versions of sauces like soy sauce and teriyaki sauce. Use these condiments with caution as you do with table salt.
- * Prepare rice, pasta, bread and hot cereals with minimum or no salt.
- * Stay away from instant soups, noodles and sauces or flavored rice, pasta, and cereal mixes, which usually have added salt.

- * Stay away from ready to use frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings— choose low sodium version.
- * Use spices instead of salt.
- * For cooking and at the table; flavor foods with herbs, lemon, lime, vinegar, or salt-free seasoning blends.
- * Remove salt shakers from the table

Salt content in food

Labeling terms	Definition for this term
Sodium free or salt free	less than 5mg of sodium per serving
Very low sodium	35mg or less of sodium per serving
Low sodium	Less than 140mg in one serving size
Reduced or less sodium	25% less sodium than the regular version
Unsalted or no salt added	No salt added to the product during processing (not free of sodium)



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