

What I'm Eating

Proper diet is also very important to help you reduce the risk of having another stroke or a heart attack. This section provides space for you or your healthcare team to record the types of food that are recommended and those that you should avoid.

Eating Right Is Important

Your doctor or pharmacist can tell you what foods you should avoid and which ones are best to eat given the medications you are taking. You might also have a chance to meet with a dietitian or other nutrition specialist to help you build your own diet plan.

Many people are salt-sensitive, which means that eating salt can cause their blood pressure to rise. Limiting the amount of salt in your diet is a good way to reduce the risk of another stroke or a heart attack.

Generally speaking, you should also limit or avoid foods with saturated fats (found in red meats, high-fat dairy products) or trans fats (found in hard margarines, most commercial baked goods, and many fried foods). This will help you maintain healthy cholesterol levels and help prevent atherosclerosis.

Other fats, like monounsaturated and polyunsaturated fats (vegetable oils, nuts and fish), can help your body maintain a healthy balance of good and bad cholesterol.

Eating foods that are high in fiber (oat bran, peas, lentils, apples, strawberries and citrus) is another way to reduce the risk of future problems. Fruit and vegetables in general can help fight vascular problems by providing antioxidants to the diet.

The type of food that people eat is just as important as the amount. Canada's Food Guide provides direction on specific foods to choose within each food group.

Guidance to direct people's choices includes:

- > Eat at least one dark green and one orange vegetable each day.
- > Have vegetables and fruit more often than juice.
- > Make at least half of your grain products whole grain each day.
- > Drink skim, 1% or 2% milk each day.
- > Have meat alternatives such as beans, lentils and tofu often.
- > Eat at least two Food Guide Servings of fish each week.
- > Include a small amount of unsaturated fat each day.
- > Satisfy your thirst with water.



What I'm Eating (continued)

In addition, Canada's Food Guide encourages people to choose foods lower in fat, sugar and salt. Guidance to support these choices includes:

- > Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- > Choose grain products that are lower in fat, sugar or salt.
- > Select lower fat milk alternatives.
- > Select lean meat and alternatives prepared with little or no added fat or salt.
- > Limit foods and beverages high in calories, fat, sugar or salt.

Foods to Avoid

Foods to Include

<i>Foods to Avoid</i>	<i>Foods to Include</i>