

# Nutrition for people suffering from stroke: What to eat and what to abstain?

People with stroke should eat, fasting? This will be the main content that we share with you in this article.

Nutrition is an important determinant of the patient's ability to recover. So what should people suffering from a stroke, what to abstain from? Read the article of TipsMake.com to learn more about this issue!

## Diet for people with stroke

1. Rules for establishing a diet for people with a stroke
2. People with stroke should eat?
3. What disease should abstain from stroke?

## Rules for establishing a diet for people with a stroke

People with strokes can recover well or not depends very much on their daily diet. A healthy diet, enough nutrients will help patients quickly regain health, limiting the risk of recurrence. According to health experts, the diet for people suffering from stroke will need to ensure the following principles:

1. Provide adequate and balanced amounts of protein, fat and carbohydrates.
2. Dietary energy should be reduced to avoid weight gain, to reduce the pressure on the digestive system and circulation. Each patient should only put into the body the energy level of 30-35kcal / kg of body weight / day (for example, a person with a stroke with a weight of about 60kg, the energy level that person should put into the body every day) is about 1800 - 2100kcal). The source of energy should come from vegetables, potatoes, beans, rice, noodles, noodles, vermicelli.
3. Patients should be allowed to eat easily digestible, absorbable foods in soft, liquid form, such as soups, porridge, milk . Besides, when building nutrition regimen for patients with stroke , we need to minimize fermented foods, foods that can cause irritation such as spicy, hot spices, wine, tea, coffee .
4. Divide the patient's daily diet into small meals to avoid overeating.



## People with stroke should eat?

People with a stroke should eat the following foods to help the body recover quickly:

### **Fish**

When having a stroke, patients should eat fish regularly, especially tuna, herring, salmon, sardines . Because, fish contain a lot of unsaturated fatty acids (such as omega 3) very well. for cardiovascular, has a preventive effect on plaque formation in the heart. Not only that, fish is also a rich source of protein, helping patients recover quickly.



### **Green vegetables, fresh fruits**

Green leafy vegetables, especially dark green leafy vegetables (such as spinach, kale) often contain very high levels of folic acid. Many studies have shown that supplementing with at least 300mcg of folic acid per day will

help reduce 20% of stroke risk and 13% risk of cardiovascular disease.

Like green vegetables, fresh fruit is an excellent source of vitamins and minerals for stroke patients. Here are 5 fruits that people with a stroke should eat regularly:

1. **Tomatoes:** Tomatoes contain a lot of lycopene. Lycopene is an antioxidant that protects nerve cells, reducing the effects of complications after a stroke.
2. **Avocado:** People with cognitive impairment after a stroke should eat a lot of butter. Because avocado contains oleic acid - a substance that helps the brain process information more efficiently and optimally.
3. **Group of citrus fruits:** With high content of vitamin C, citrus fruits such as oranges, grapefruit, tangerines . have antioxidant ability, prevent atherosclerosis, promote cholesterol metabolism, help patients quickly recover from a disaster.
4. **Apples:** Apples possesses a rich source of nutrients, especially vitamin A, B vitamins, vitamin C, malic acid, citric acid . Eating apples every day will help patients improve blood circulation, stabilize blood pressure, and prevent fibrosis. atherosclerosis.
5. **Blueberries:** Just like avocados, blueberries are good for the cognitive function of people with stroke. Blueberries are rich in flavonoids - an antioxidant that stimulates nerve growth and signal transmission.



### **Whole grains and legumes**

Whole grains are bran-free and sprouts. This cereal is rich in vitamins, antioxidants and fiber. Eating whole grains will help us reduce the risk of cardiovascular disease, stroke, support the treatment of stroke, prevent future recurrence.

Beans (soybeans, black beans, etc.) and legumes are also good for the health of a stroke patient. Because beans contain many vitamins, minerals, folic acid, vegetable protein, low in saturated fat (bad fat) . have the ability to reduce bad cholesterol, limiting the risk of cardiovascular disease, stroke, support second stroke to help prevent stroke.



## What disease should abstain from stroke?

Besides foods that should be eaten regularly, people with stroke should abstain from the following foods:

1. **High-salt foods:** People who have a stroke or are at high risk of a stroke should limit salt intake. Because, if you eat too much salt, your body will retain water, causing high blood pressure and leading to stroke.
2. **Stimulants:** Health experts recommend that people suffering from strokes should stay away from stimulants such as alcohol, beer, coffee, cigarettes, hot spicy food . so as not to affect the outcome of the treatment. treatment and prevention of the risk of 2nd recurrence.
3. **Foods high in saturated fat:** Foods high in saturated fat, especially fatty meat, fried foods, fried foods . are all harmful to health. When eating them too much will cause bad cholesterol in the body increases, forming atherosclerotic plaques and eventually leads to cardiovascular diseases, catastrophe.



**Note:**

1. In addition to increasing the consumption of healthy foods, limiting harmful foods, people with stroke should practice regularly, can use a number of supplements to help the process of recovery. sequelae after stroke are faster and more effective.
2. Not only patients with stroke, normal healthy people should also refer to the list of foods to eat and to abstain from, thereby adjusting the daily diet accordingly to prevent catastrophe and many other dangerous diseases.

Hopefully after our article you all know what people with stroke should eat and what to abstain from. Wishing you and your family members always healthy, happy!

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