

# Natural Ways to Prevent Stroke Using the Potent, Powerful Force of Food

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There are many ways to prevent stroke. Here's a quick overview of the basics:

- Stay active
- Maintain a healthy weight
- Eat well

Pretty simple, right? Agreed, it's a lot easier said than done. Most resources on stroke prevention are lacking the nitty gritty details, so we're going to cover this topic with the attention that it deserves. Today we're focusing on eating well *the natural way*.

## Start Your Day with Yogurt and Bananas (and Don't Skip the Bananas)

Probiotics are so important for stroke prevention! They nurture your gut-brain axis, the portal through which your gut communicates with your brain. This means that when your gut is happy, your brain is happy. So load up on these naturally probiotic foods:

- Yogurt
- Cottage cheese

- Keifer
- Tempeh
- Sauerkraut

But what's with the bananas? Well, in order to fully benefit from probiotics in your diet, you need *prebiotics* too. Prebiotics are indigestible fiber that promote the growth of good bacteria in your gut. Consider it food for you *and your microbiome*.

So make sure you're getting these prebiotic foods too:

- Bananas
- Onion
- Garlic
- Artichoke
- Beans

And once you start eating these pre- and probiotic foods on a daily basis, we bet you'll feel a million times happier because probiotics can actually be used to **treat post stroke depression**.

## Lower Your Cholesterol with These Natural Foods

There are two types of cholesterol: HDL and LDL. In a nutshell: HDL cholesterol is 'good' and LDL cholesterol is 'bad.' To learn why excess LDL cholesterol is bad for your risk of stroke, see our article on [cholesterol management](#).

To boost the good HDL cholesterol and lower bad LDL cholesterol, load up on these healthy foods:

- Oatmeal
- Beans
- Fruits
- Vegetables

We know, we know, you're too busy to bother with getting fresh produce into your day. Here's a guide on how to make that easier (article 6/4/2015 – [Stroke Prevention: 10 Ways to Eat More Fruits & Veggies](#)).

## Stroke Preventative Treats Anyone?

Red wine and dark chocolate are excellent stroke preventative foods. Oooh yes, we said it. They're so good, in fact, that they both made our list of **top 3 foods to prevent stroke**. The key here is not to overdo it. Too much alcohol is bad and too much sugar is bad. So just exercise moderation and enjoy these stroke preventing treats reasonably.

## There's Something You Need to Know About Your Brain

It's made of 60% fat. So it's no surprise that your brain needs essential fatty acids to function properly. And you need to get them from **omega-3s**. Here are some excellent dietary sources of this brain-boosting fatty acid:

- Flaxseeds
- Walnuts
- Salmon
- Shrimp
- Brussel sprouts

So perhaps you should start sprinkling flaxseeds and walnuts on that banana oatmeal...

## Eat Sunshine to Prevent Stroke

The sunshine vitamin, or **vitamin D**, provides neuroprotective, neuromuscular, and osteoprotective benefits – meaning it's good for your brain, muscles, and bones. You can get vitamin D from the sun or these dietary sources:

- Salmon
- Cheese
- Egg yolks

Since the natural sources of vitamin D are limited, it's wise to get some safe sun exposure.