

Top 3 Foods to Prevent Stroke

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Using nutrition to prevent stroke (and other chronic diseases) is an excellent approach to a healthy lifestyle.

To kickstart your efforts, try adding these 3 stroke-preventing foods to your diet.

The last one might be a little surprising, but when it comes to your health, be willing to try anything.

1. Red Grapes / Red Wine – Resveratrol

The antioxidant in red grapes, resveratrol, has been getting a lot of buzz lately.

More and more studies are linking red wine to tons of health benefits – and the [latest research](#) has linked resveratrol to a lower risk of recurrent stroke.

It gets tricky, though, as there are many studies showing that more than [two alcoholic beverages](#) a day will reverse any benefits of consuming them in the first place.

So practice balance and aim for one glass of red wine a day. Not only will you be protecting your brain, but you'll also be [reducing your risk](#) of heart attack by 50%!

Trying to avoid alcohol? Freezing red grapes is a delicious way to get your daily dose of resveratrol.

2. Dark chocolate – Epicatechin

We love dark chocolate! [Researchers](#) at John Hopkins have discovered that one of the antioxidants in dark chocolate, epicatechin, can help shield brain cells from damage. But wait, it gets better. The antioxidants in dark chocolate have also been [proven](#) to help:

- Lower blood pressure
- Raise HDL cholesterol – [the ‘good’ cholesterol](#)
- Lower your risk of cardiovascular disease – a precursor to stroke
- Protect your skin against the sun
- Improve brain function

And now we can add ‘help prevent stroke’ to this lovely list. Let’s celebrate! With dark chocolate.

But again, practice balance. Too much chocolate will reverse the benefits as chocolate is high in artery-clogging fat.

3. Onions! – Flavonol

Grab your mouthwash and get ready for this one. According to [The Journal of Nutrition](#), dietary flavonol, a powerful antioxidant found in onions and other plants, can help lower your risk of stroke by 20%.

And you don’t need to worry about balance with this one since onions are relatively low-calorie and fat-free; two attributes a stroke-preventative diet loves.

Now, don’t go eating all of these at once; it might get weird. But if you feel the need, try some lasagna prepared with extra onions for dinner alongside a glass of red wine. And for dessert: a square of savory dark chocolate!

Stroke prevention never tasted so good.