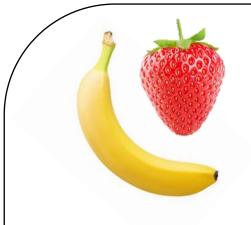
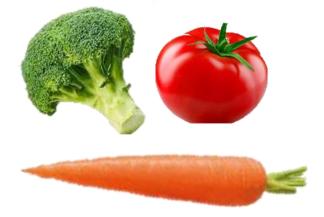
Aphasia Friendly Healthy Eating after Stroke

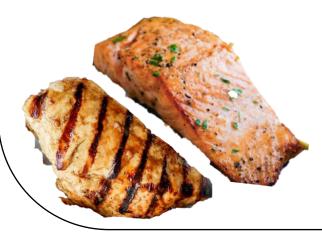
Eating well lowers your risk of having another stroke



Eating fruit daily



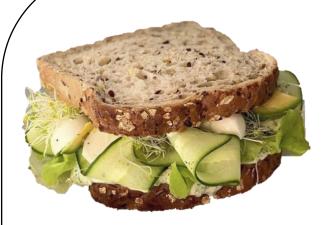
Eat a variety of vegetables daily



Eat lean meats, **limit** red meat

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Eat high **fibre** food with **wholegrain**s



Reduced fat dairy



Limit your alcohol intake



More Information?

Seeing a dietitian can help lower your risk of a second stroke

My Dietitian is ______



Ask your doctor or nurse



Ask your nurse or doctor to see a hospital dietitian

