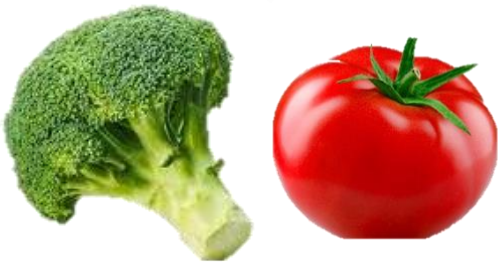


Aphasia Friendly Healthy Eating after Stroke

Eating well lowers your risk of having another stroke



Eating fruit **daily**



Eat a **variety** of
vegetables daily



Eat lean meats, **limit**
red meat



Eat high **fibre** food
with **wholegrains**



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