

LOVE YOUR HEART



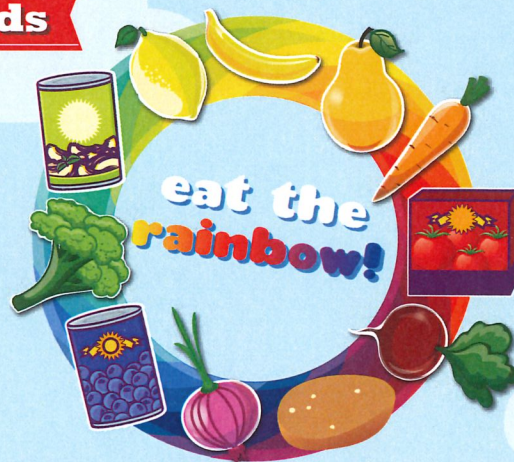
HELP YOUR BRAIN™

## Starting healthy habits and diets as kids may reduce stroke risk later in life

### 1. Healthy dietary patterns for kids



Higher fruit and vegetable intake is associated with lower stroke risk.



### 2. Get important nutrients

Diets rich in a variety of fruits and vegetables help you get the nutrients that are good for your heart and brain health.

### 3. Beware the SALTY SIX



Replacing salty foods may improve your blood pressure and reduce stroke risk later in life.

### 4. Help kids prevent stroke



Sodium intake in the U.S. is higher than recommended. Eat more foods that are high in potassium to reduce the effects of sodium to help reduce the impact to stroke in America.



Learn more at [StrokeAssociation.org/prevent](http://StrokeAssociation.org/prevent)

\* Fruits and Vegetables Consumption and Risk of Stroke: A Meta-Analysis of Prospective Cohort Studies, American Heart Association's Journal Stroke – Yan Qu, May 2014

©2014, American Heart Association 6/15DS7996



Together to End Stroke™