

# Post-Stroke Nutrition

## Module 6



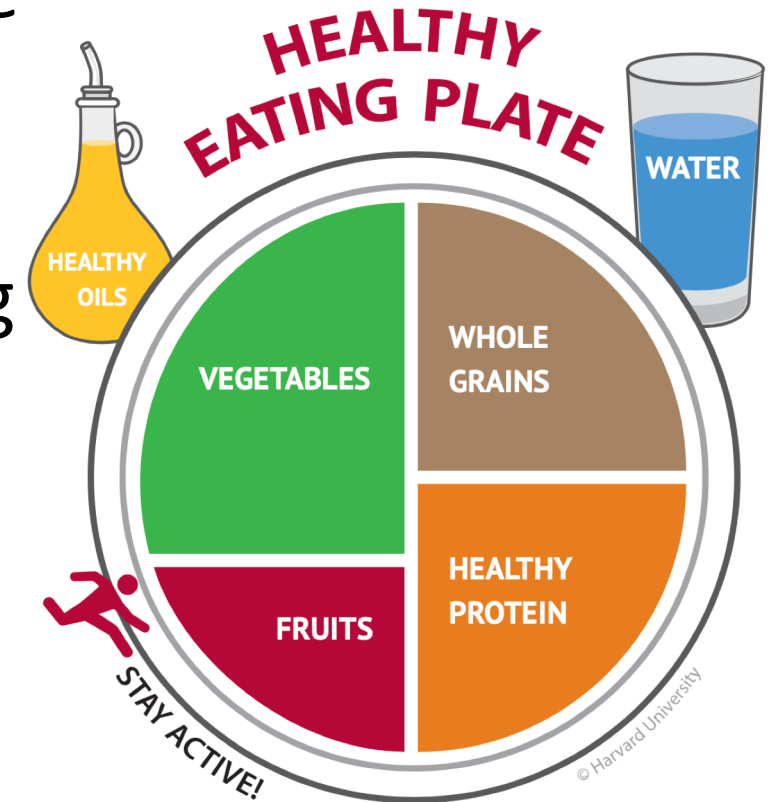


# Schedule

- Composing a balanced plate
- Estimating serving sizes & nutrition labels
- Post-stroke nutrition
- Healthy swaps
- Recipe ideas
- Review

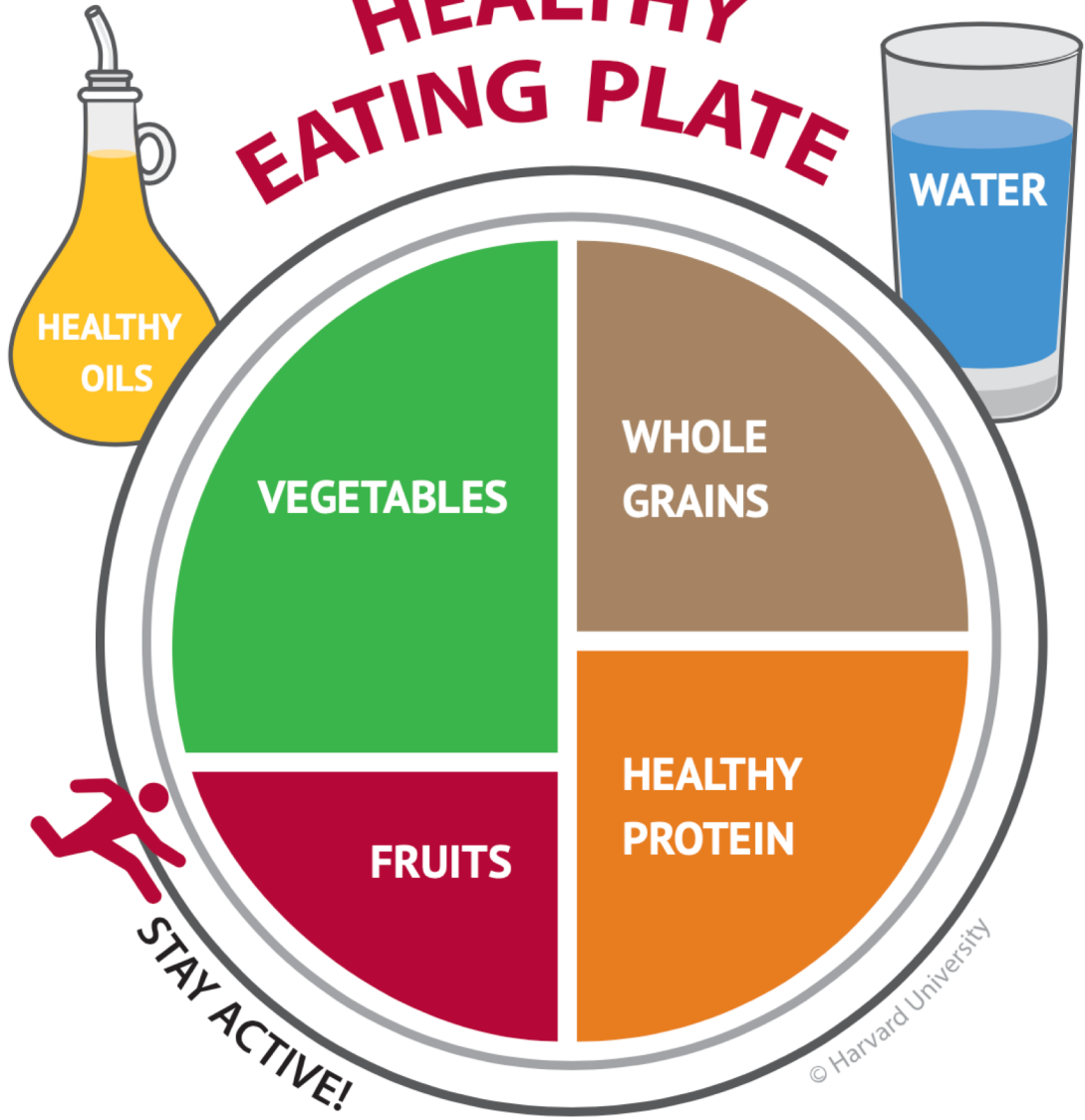
# Composing a Balanced Plate

- When composing your meals, we want different **colors and food groups!**
- Using the Harvard Healthy Eating Plate, aim for roughly:
  - $\frac{1}{2}$  of your plate being fruits and vegetables (mostly vegetables)
  - $\frac{1}{3}$  whole grains
  - $\frac{2}{3}$  lean protein





# HEALTHY EATING PLATE



# Composing a Balanced Plate

- Try to have a **fruit or vegetable** and a **source of protein** with every meal or snack
- If you are vegetarian or vegan:
  - Complete protein = **plant-based protein + whole grains**



# How to Estimate a Serving of Protein

- Try to eat a serving of protein at every meal
  - 1 serving of red meat or beans is ~ the size of your palm
  - 1 serving of eggs, poultry, or fish is ~ the size of your outstretched hand

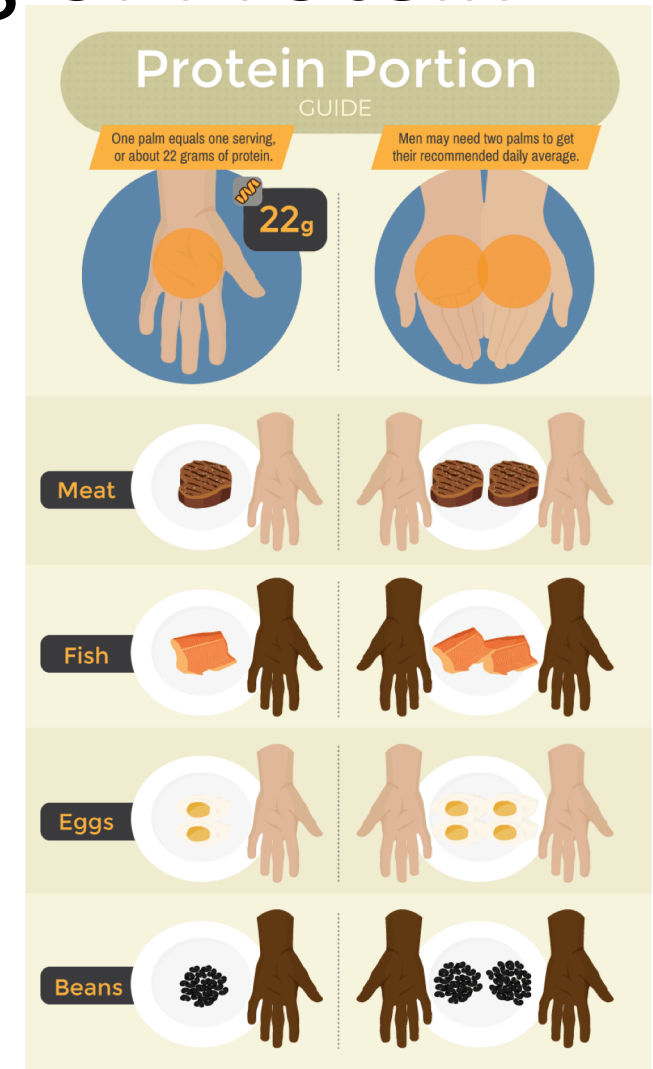


Image from: <https://lifeasmama.com/so-how-much-protein-should-i-be-eating>

United States Department of Agriculture, 2021

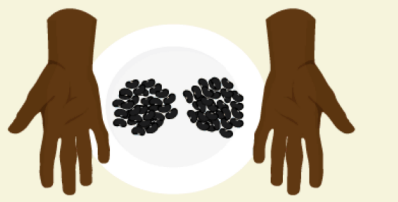
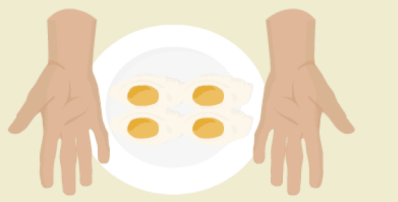
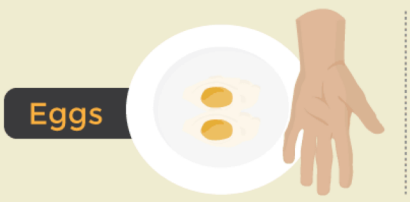
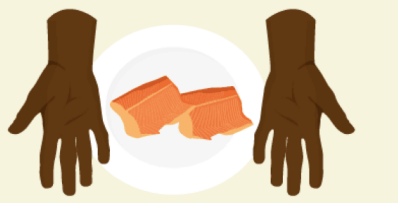
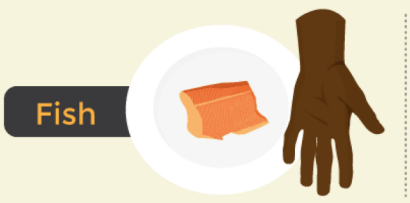
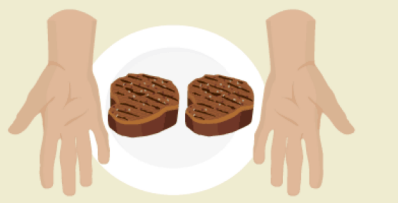
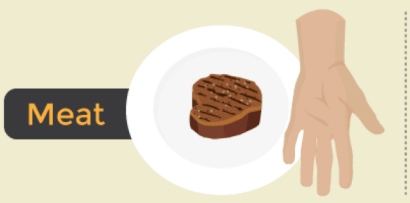
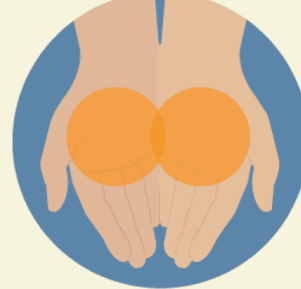


# Protein Portion

GUIDE

One palm equals one serving,  
or about 22 grams of protein.

Men may need two palms to get  
their recommended daily average.





# Reading a Nutrition Label

<b>Nutrition Facts</b>	
1 serving per potato	
<b>Serving size 1 potato (148g/5.3oz)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Number of servings in the container

Calories in one serving

Fat breakdown and amount

Sodium = salt

Amount and type of sugar!

Protein!

Vitamins and minerals





# Nutritional goals post-stroke?

1. Prevent risk of a second stroke
2. Consume enough protein
3. Consume enough vitamins and minerals



# Macronutrients vs Micronutrients

- **Macronutrients** give us calories, and we need to consume them in **larger amounts**.
  - Protein
  - Carbohydrates
  - Fats
- **Micronutrients** are vitamins and minerals we get from our food, and we need to consume them in **smaller amounts**.



# Important Macronutrients Post-Stroke

- Deficiencies in **calories and protein** negatively impact post-stroke recovery.
  - Your body is recovering from a traumatic event, **having enough energy and protein to heal is important!**



# Important Micronutrients Post-Stroke

- **B Vitamins**
  - Whole grains, meat, eggs, dark leafy greens
- **Calcium**
  - Nuts and seeds, dairy, dark leafy greens
- **Zinc**
  - Lean meat, poultry, and fish



# Important Micronutrients Post-Stroke

- **Antioxidants (Vitamins A, C, & E)**
  - Citrus fruits, bell peppers, broccoli, dark leafy greens, strawberries
- **Vitamin D**
  - Sunflower seeds, almonds, peanuts, dark leafy greens, pumpkin, and bell peppers

## Healthy Swaps

- **Baking** versus frying
- **Natural sweeteners** versus white table sugar
- **Plant based oil** (unsaturated fat) instead of animal fats (saturated)
- Eat **fruit, yogurt, or dark chocolate** for dessert
- **Water** versus soda
- **Cooking at home** versus eating out



# How do I implement this in my life?

- Make it **fun!**
- Make it **tasty!**
- Make it **affordable!**
- Make it **easy!**

Cooking is a great way to take control of your health.

# Breakfast: Overnight Oats

- Cook Time: overnight
- Prep Time: 5 minutes
- **Ingredients:**
  - ½ cup milk (any type)
  - ½ cup old-fashioned rolled oats (or quick oats)
  - ½ cup vanilla yogurt
  - 1 Tbsp ground flaxseed and/or chia seeds
  - 1 pinch Salt
  - 2 Tbsp maple syrup or honey
  - Any toppings you want!
    - I'd recommend any berries, nuts (or nut butters)

## Directions:

1. In a mason jar or small container, combine milk, oats, yogurt, flaxseed, salt, and maple syrup. Stir until desired consistency (add milk or water if needed)
2. Place container in refrigerator overnight covered.
4. In the morning, take out of the fridge, uncover and stir.
5. top with desired toppings!

Nutrition: This recipe is high in fiber and protein. If topped with berries and nuts, then also is rich in antioxidants!



# Lunch: Summer Salad with Chicken

Prep Time: 15 minutes

## Ingredients:

- 1 serving (3-4oz) chicken (I would recommend pre-cooked chicken, but you can prepare however you desire)
- 1½ cups spinach
- ½ cup Quinoa cooked
- 6 strawberries sliced
- ½ cup sliced bell peppers
- 2 Tbsp sunflower seeds
- A sprinkle of goat cheese (or whatever cheese you prefer)
- Oil & vinegar and salt & pepper to taste or ~2 Tbsp strawberry vinaigrette dressing

## Directions:

1. Rinse spinach and add to a bowl. Add all other ingredients on top and mix in dressing.

Note: I like to have my ingredients cut/sliced/cooked and ready early and then week so then I can just combine and go later! Buying precut or precooked ingredients is another great way to make things easier later.

Nutritional note: This recipe is high in protein and features all of our micronutrients!

# Snack: Energy Balls

Prep Time: 30 minutes

Chill Time: 1 hour

## Ingredients:

- 1 cup rolled oats
- 2/3 cup shredded coconut (you can also toast this in the oven before adding)
- ½ cup creamy peanut butter
- ½ cup ground flaxseed
- 1/3 cup honey
- ½ cup dark chocolate chips
- 1 teaspoon cinnamon

## Directions:

1. Combine all ingredients in a bowl.
2. Once combined, cover and place in the fridge for a few hours to help the balls stick together
3. Roll into 1" diameter balls.
3. Enjoy right away or store in a sealed container in the fridge. I like to make a batch of these on Sunday and snack on them all week!

Nutrition Note: This delicious snack is high in protein, whole grains, fiber, and antioxidants!

Recipe adapted from: <https://www.gimmesomeoven.com/no-bake-energy-bites/>

# Dinner: Crockpot White Chicken Chili

Prep Time: 15 minutes

Cook Time: 5 hours

## Ingredients:

- 1¼ lbs boneless and skinless chicken breasts (~2 – 3)
- 3 cups low sodium chicken stock
- 2 cans reduced-sodium white beans
- 2 x 4.5-ounce cans of diced green chilies
- 3 cloved garlic minced
- 1 small yellow onion
- 2 tsp ground cumin
- 1 tsp dried oregano
- ½ teaspoon kosher salt
- ¼ tsp cayenne pepper
- ¼ cup chopped fresh cilantro (optional)
- Fresh limes wedges, avocado, sour cream, shredded cheese, tortilla chips, and hot sauce recommended for serving.

## Directions:

1. Place chicken breasts in a slow cooker with chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt and cayenne. Stir and cover. Cook on low for 4-6 hours (or on high for 2-4 hours)
2. Remove chicken breast and allow to rest and cool. Once cooled enough to handle, shred the chicken and place back in slow cooker.
3. Serve with toppings of your desire and enjoy!

Nutritional Note: This light recipe is high in protein and incredibly tasty! Easy to prep for the week and store in the fridge too!

Recipe from: <https://www.wellplated.com/crockpot-white-chicken-chili/>

# Dessert: Yogurt Bark

Prep Time: 10 minutes

Cook Time: 1 hour

## Ingredients:

- 2 cups of nonfat vanilla yogurt
- ¼ cup of natural sweetener (maple syrup, agave, or honey)
- ¼ teaspoon lemon juice
- Pinch salt
- 1 cup sliced strawberries, blueberries, raspberries, and any other you want
- ½ cup chopped pecans
- ½ cup dark chocolate chips

## Directions:

1. In a large mixing bowl, combine vanilla yogurt, natural sweetener, lemon juice, and salt.
2. Spread mixture out on a wax-paper lined baking sheet
3. Top with berries, pecans, and chocolate chips.
4. Place in freezer for an hour and then take out and break your bark into bite-sized pieces and enjoy!

Nutritional Note: This recipe is high in protein and antioxidants. It's the perfect light and refreshing summer dessert!

Recipe adapted from: <https://diethood.com/frozen-yogurt-bark-berries/>

## Review

- Read **nutritional labels** to know what you're eating
  - Talk with your healthcare provider about which parts of the label are most important to you.
- Try to have a source of **protein, fruits and/or veggies and whole grains** with every meal
- Eat a wide **variety of colors** to get vitamins and minerals
- **Make healthy swaps**

# Resources

- Aquilani, R., Sessarego, P., Iadarola, P., Barbieri, A., & Boschi, F. (2011, May 16). *Nutrition for Brain Recovery After Ischemic Stroke*. American Society for Parenteral and Enteral Nutrition. <https://aspenjournals.onlinelibrary.wiley.com/doi/abs/10.1177/0884533611405793>.
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