

LOVE YOUR HEART

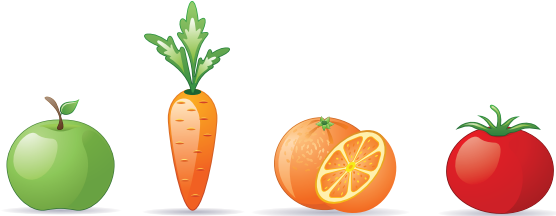


HELP YOUR BRAIN™

## New Research: Eating more fruits & vegetables may lower world's stroke risk<sup>1</sup>

### 1. Eat 4-5 servings

The average adult should eat



**4-5 SERVINGS**

of both fruits and vegetables per day based on a 2,000-calorie diet.



### 2. Get important nutrients

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



### 3. Improve health

Increased fruit and vegetable consumption may **decrease stroke risk** by lowering blood pressure and improving small vessel function.



### 4. Prevent stroke



Boosting fruit and vegetable consumption worldwide may **reduce the global impact of stroke**.

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



Together to End Stroke™

<sup>1</sup> 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