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

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

1 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