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

1. **Healthy dietary patterns for kids**
   - Diets rich in a variety of fruits and vegetables help you get the nutrients that are good for your heart and brain health.

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 of stroke in America.

Learn more at StrokeAssociation.org/prevent

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