



How to Prevent a Stroke

By Forks Over Knives
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The belief that a high-fiber diet is inversely associated with some diseases has been around since the 1970s, and is supported by the most important scientific societies. In this [NutritionFacts.org video](#), Dr. Michael Greger talks about how a diet high in dietary fiber may prevent strokes. We've also provided a summary of Dr. Greger's main points below.

https://www.youtube.com/watch?v=zJJuOVAL_lo

Today, it is generally believed that eating a lot of fiber helps prevent obesity, diabetes, and cardiovascular diseases like stroke. Strokes are the second most common cause of death worldwide and the leading cause of disability in many developed countries. So preventing strokes in the first place should be a key public health priority.

Studies found that increasing fiber by just seven grams a day was associated with a significant 7% reduction in stroke risk. And that's not hard: seven grams of fiber is equal to a small serving of whole grain pasta with tomato sauce or an apple.

How Does Fiber Prevent Stroke?

Fiber helps lower cholesterol and blood sugar levels. Or, a diet high in fiber could mean that we're eating more fruits and vegetables and less meat and fat, which improves digestion, slims us down, and lowers our blood pressure.

But even as we keep trying to figure out exactly how and why fiber is protective, let's keep increasing how much fiber we eat, which basically means whole plant foods.

Stroke Prevention Starts Early

Strokes are one of the complications of **arterial stiffness**. But it doesn't happen instantly. Someone might have a stroke in their 50s, but their arteries were stiffening for decades leading up to the stroke.

In **one long study** that tracked people for 24 years, starting at age 13 and ending at age 36, the findings

showed that a lower intake of fiber during adolescence was associated with a stiffening of the arteries. Scientists even found diet-related differences in arterial stiffness in children as young as age 13.

This means that we need to promote fiber-rich foods for the young.

To Prevent a Stroke

If you are really focused on **stroke prevention**, try to get 25 grams a day of soluble fiber, which is found in beans, oats, nuts, and berries, and 47 grams a day of insoluble fiber, found primarily in whole grains.

Dr. Greger's Sources:

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