Meal Planning Tips for People Who Have Had a Stroke

Client Name _________________________________ Date ___________________
Dietitian / Dietetic Technician ____________________________________________
Phone __________________  Email ______________________________________

**Daily Goals**
For good health, people need to eat foods from a variety of food groups. As you plan meals, think about how they meet daily goals for healthy eating.

**Fruits and Vegetables**
Have at least 3 portions of vegetables and 2 portions of fruit each day. Good choices include dark-green, yellow, and orange vegetables, as well as citrus fruit.

One portion is usually equal to:
- ½ cup cooked vegetables
- ½ cup canned fruit
- ½ cup juice
- 1 cup raw fruit

**Meat and Other Protein Foods**
Make lean protein a part of at least 2 meals each day. Eat 5 to 6 ounces per day.

Good choices include:
- Skinless poultry
- Lean beef, pork, or veal
- Fish
  - Fatty fish (such as salmon, tuna, mackerel, or sardines) are especially healthy. Have them twice a week.
  - Canned and smoked fish are usually high in sodium. Choose fresh or frozen fish instead, or have low-sodium canned types.
- Dried beans and peas (¼ cup cooked = 1 ounce)
- Soy foods or other foods made with vegetarian protein
- Egg whites or egg substitutes
Daily Goals (continued)
Grains and Other Starches
Grains and starches (such as potatoes) can be good sources of fiber and other healthy nutrients.

For fiber, the best choices are:
- Whole grain products
- Foods that have at least 2 grams of fiber in each serving (read the food label to find out how many grams of dietary fiber are in a serving)

Milk and Dairy Foods
Milk and dairy foods have calcium and potassium and other healthy nutrients. However, whole milk and foods made with whole milk or cream (such as ice cream or half-and-half) are high in unhealthy fats. To avoid these fats, choose fat-free or low-fat milk or yogurt.

If you eat cheese, pick types that are low in both fat and sodium.

Fats
Select fats wisely. In general, limit the calories that you get from fats to no more than 25% to 35% of your total daily calories. For someone who eats 2,000 calories per day, that’s 50 to 75 grams of fat.

Some fats are healthier than others. As you plan meals:
- Choose unsaturated fats. These are found in nuts and avocado, as well as many vegetable oils (such as olive, canola, sunflower, and safflower oils).
- Avoid saturated and trans fats
  - Saturated fat is found in fatty meat, poultry skin, whole milk and cream, butter, and other fats from animals. It is also in tropical oils (such as palm, palm kernel, or coconut oil).
  - Trans fat is in stick margarine and solid vegetable shortening. It is also in all foods made with hydrogenated oil. (Look for this oil in the ingredients list on food labels.)

Beverages
Drink plenty of healthy beverages, such as water, fruit juice, and nonfat (skim) or low-fat milk. These are better choices than sodas and flavored drinks made with sugar.

Sugary drinks are high in calories but low in healthy nutrients. Drink them rarely or not at all.
**Breakfast Tips**
- Eat whole grains for breakfast every day. Good choices include whole grain cereals (such as oatmeal), whole wheat toast, or a bran muffin.
- Egg yolks are high in cholesterol. Therefore, whole eggs should be enjoyed only once in a while. However, you can enjoy egg dishes made with egg whites or egg substitute.
- To round out your breakfast, add a small whole fruit and a glass of skim milk. If you don’t want milk, have 1 cup of yogurt. Or have low-fat, low-sodium cheese on toast or in an egg white omelet.

**Lunch and Dinner Tips**
- For these meals, aim to cover about half of your plate with fruits and vegetables. Meat should cover no more than one fourth of your plate. Starches (such as potatoes, pasta, bread, or rice) should fill the last fourth.
- You may use small amounts of sauces, gravies, and condiments to add flavor to food. However, use them sparingly if they are high in sodium or fat.
- If you have dessert, choose fruit or low-fat milk desserts, such as frozen yogurt. Eat cakes, pies, and cookies only once in a while.