

Fruits and vegetables reduce stroke risk: Mayo Clinic

Eating more than five servings a day have a 26 per cent reduced risk of stroke.



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Researchers haven't been able to identify which fruits and vegetables are responsible for the reduced risk.

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Eating fruits and vegetables may reduce the risk of stroke caused by a blockage of blood flow to the brain, according to recent studies. When compared with people who consume fewer than three servings of fruits and vegetables a day, the research found that people who consume:

Three to five servings of fruits and vegetables a day have an 11 per cent reduced risk of stroke

More than five servings a day have a 26 per cent reduced risk of stroke

Since that study, several other studies have attempted to identify which fruits and vegetables are responsible for the risk reduction. Two recent studies in the medical journal *Stroke* offer inconclusive direction.

Until findings become more clear, Mayo Clinic nutrition experts say that it's best to focus on the fundamentals: Make fruits, vegetables and other plant-based foods, such as beans, nuts and whole grains, a primary source of nutrition. Eating five or more servings each day of a wide variety of plant foods, in addition to healthy lifestyle changes, reduces the risk of stroke and many other serious diseases as well.