

# Bella Goes Shopping

Help Bella buy foods that will protect Bella from having a stroke. The foods Bella should eat have their letters scrambled. Use the clues to unscramble the word then find the food below and color it in.

## SABEN \_\_\_\_\_

They are hard, small, come dry in a bag, or cooked in a can. They have lots of protein, fiber, and iron.

## IBRLOCOC \_\_\_\_\_

This vegetable looks like a small tree, is super green, and is one of the healthiest foods you can eat.

## GENRSE \_\_\_\_\_

Examples of these include arugula, kale, collard, and spinach. These foods are some of healthiest on the planet.

## SEBERIR \_\_\_\_\_

These are small, juicy, and can be sour and sweet. The darker their color, the better they are for our bodies.

## ICESPS \_\_\_\_\_

Add a little of these to get a big flavor. Examples are ginger, pepper, cinnamon, turmeric, and garlic.

## LAXFEEDS \_\_\_\_\_

Tiny brown little seeds that rhyme with "tax leads". Eat 2 tablespoons of these a day to protect your heart, brain, and body.

## ELPAP \_\_\_\_\_

These crisp juicy sweet snacks can be red to green. The peel is the healthiest part of them.

## TORRAC \_\_\_\_\_

Most are orange though some are yellow and purple, these crunchy vegetables are loaded with vitamin A.

## LAMATOE \_\_\_\_\_

Small and white flakes, these whole grains protect our heart and brain and are a tasty breakfast meal.

## TUNS \_\_\_\_\_

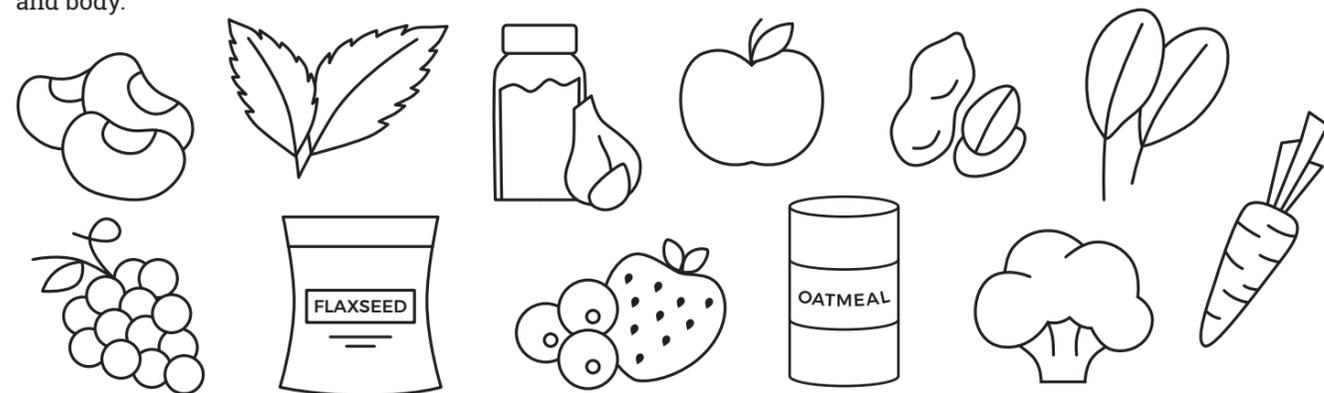
Examples of these are cashews, almonds, and walnuts. They are a crunchy plant food that is high in iron.

## BERSH \_\_\_\_\_

Mint, oregano, parsley, and rosemary are examples. Eat a pinch of these each day to stay healthy.

## SPAGER \_\_\_\_\_

Round, juicy, green, red or purple. Choose the red or purple ones for the best protection from stroke.



### DID YOU KNOW?

You can protect your brain from stroke by eating fruits, vegetables, whole grains, and beans everyday. Eating meat, cheese, and eggs may increase the risk of stroke<sup>1</sup>.



How to select healthy foods

Know the signs of a stroke!

# BE FAST

## BALANCE

Sudden loss of coordination or balance

## EYES

Sudden change in vision

## FACE

Sudden weakness on one side of the face or facial droop

## ARM

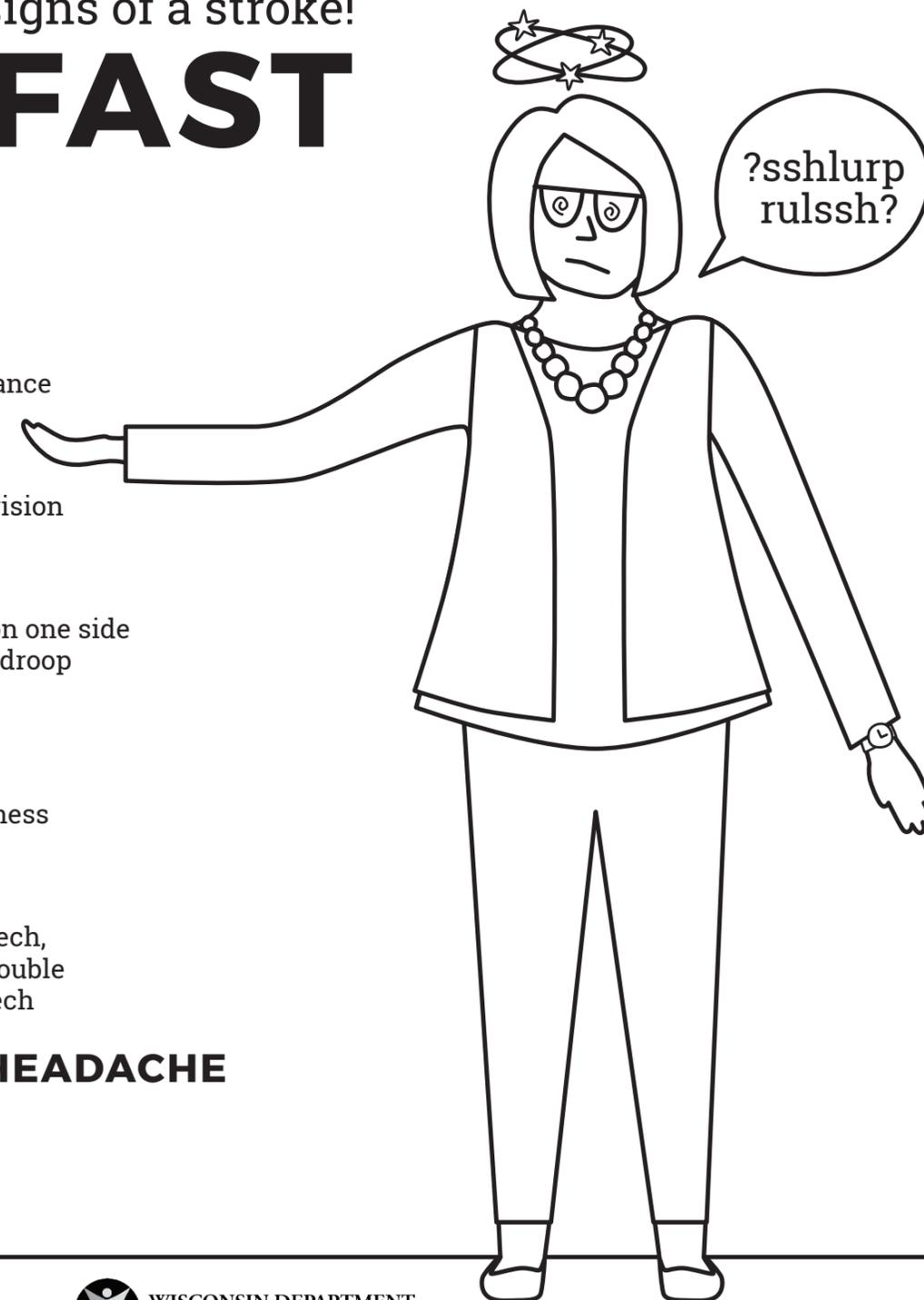
Sudden arm or leg weakness or numbness

## SPEECH

Sudden slurred speech, trouble speaking, trouble understanding speech

## TERRIBLE HEADACHE

Sudden onset of a terrible headache



WISCONSIN COVERDELL  
STROKE PROGRAM



WISCONSIN DEPARTMENT  
of HEALTH SERVICES  
P-02107F (12/2019)

Webpage:  
BE FAST  
Bella



Video: How  
to reduce  
your stroke  
risk

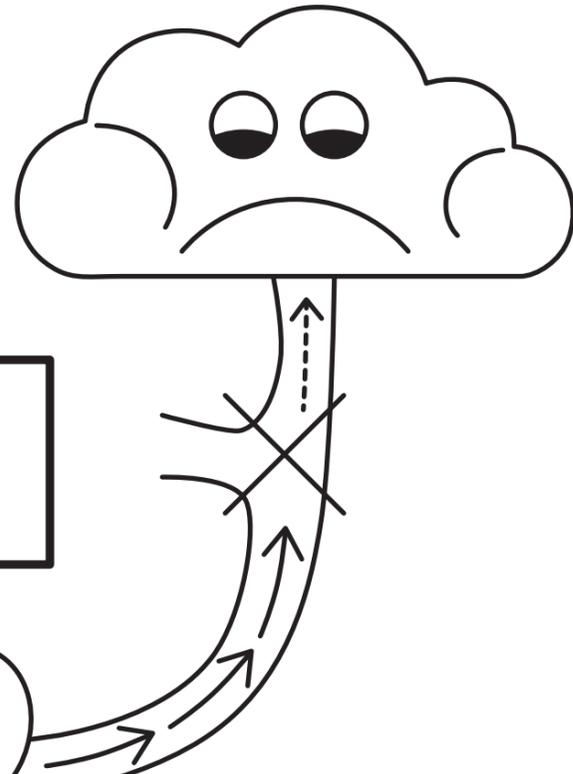


**TIME TO CALL 9-1-1**  
Every second counts!

<sup>1</sup>Orlich MJ, et al. Vegetarian dietary patterns and mortality in Adventist Health Study 2. JAMA Intern. Med. 2013

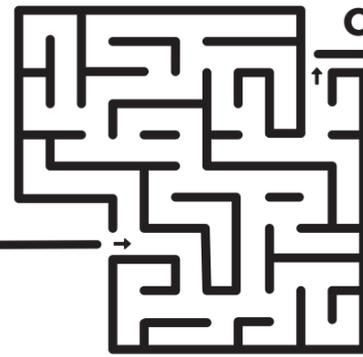
# What is a stroke?

Your brain needs blood and oxygen from blood vessels 24/7. A stroke happens when your brain stops getting enough blood or oxygen.

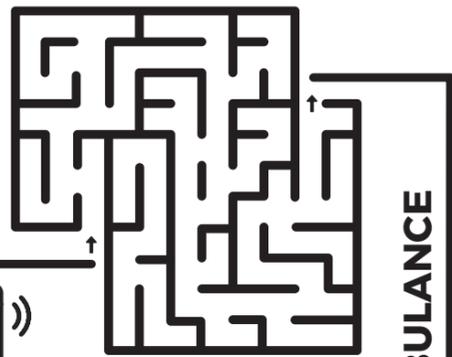


**DID YOU KNOW?**  
Most strokes happen when a blood vessel to the brain gets blocked by a blood clot.

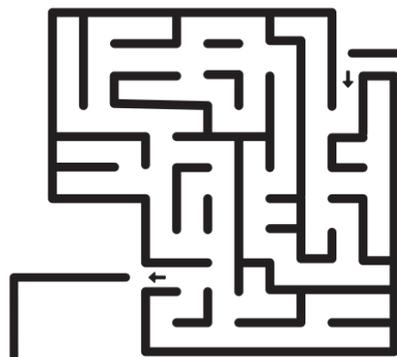
# Help Bella through each maze to get to the hospital.



CALL 911



AMBULANCE



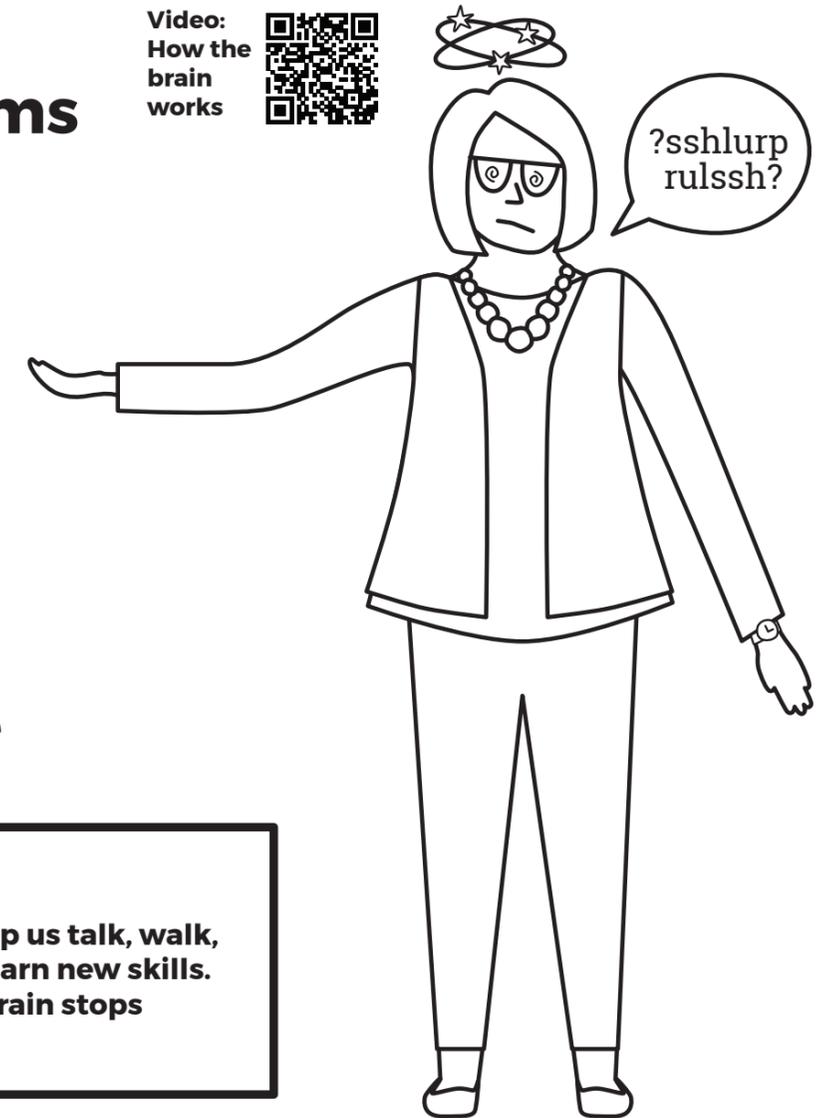
**DID YOU KNOW?**  
Over 2,000,000 brain cells die every minute someone is having a stroke. Calling 911 and taking an ambulance will make sure the hospital can act quickly when the person having a stroke arrives.

# Find Bella's Stroke Symptoms

Bella is having a stroke. Circle all of her symptoms.

- Balance
- Eyes
- Face
- Arm
- Speech
- Terrible Headache

Video: How the brain works



**DID YOU KNOW?**  
Different parts of the brain help us talk, walk, balance, see, remember and learn new skills. During a stroke, a part of the brain stops working well.

