

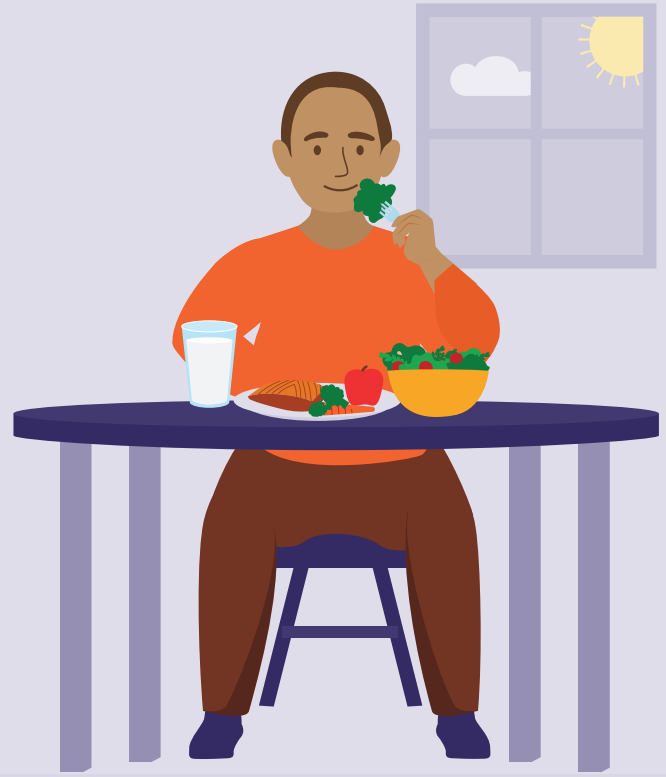
It's no joke...

You can **REDUCE YOUR RISK** of **STROKE**



IT'S NO JOKE.

A diet high in cholesterol, sodium (salt), saturated fat, trans fat, and added sugar increases your risk of stroke.



HEALTHY EATING STARTS WITH HEALTHY FOOD CHOICES.*

Eating a balanced diet including fresh fruits and vegetables, high fiber options, and healthy sources of protein can reduce your risk for stroke.



WISCONSIN COVERDELL
STROKE PROGRAM



WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-03432E (04/2024)

REDUCE YOUR RISK.

Learn more →



dhs.wisconsin.gov/coverdell/community.htm

*Healthy Eating | American Heart Association