

What if I Have Swallowing Problems?

If you have difficulty swallowing and have pureed type foods and/or thickened drinks, you should have seen a dietitian before you were discharged from hospital. If you didn't, please contact us on one of the numbers below and we will give you advice on maintaining a safe and nourishing diet.

If you feel that your swallowing has worsened since leaving hospital, please contact your doctor immediately.

Contacts

If you would like further information about anything in this leaflet then please contact your nearest dietitian on the numbers below.

Royal Gwent Hospital	01633 234289
St Woolos Hospital	01633 238358
Nevill Hall Hospital	01873 732623
Ysbyty Ystrad Fawr Hospital	01443 802589



After A Stroke.

Advice on your Diet



This leaflet contains:-

- Advice on healthy eating following a stroke.
- Guidance for those who may need help recovering from a poor appetite.
- Tips on maintaining a nutritious diet if you have limited mobility.

Healthy Eating



If you have already had a stroke, eating healthily can reduce the risk of a second stroke

Increase Fruit & Vegetables

Aim for at least 5 portions a day. A portion is a medium sized fruit e.g apple, orange, two pieces of small fruit e.g. satsumas or plums, a glass of fruit juice or 3 heaped tablespoons of raw or cooked vegetables.

Eating 5 or more portions of fruit and vegetables a day can reduce the risk of a stroke by up to 26%

Reduce fat

There are three main types of fat, Monounsaturated, Polyunsaturated and Saturated. It is Saturated fat that increases the risk of stroke as it increases blood cholesterol levels

If you have a freezer, bulk cook and freeze portions or keep a stock of bought ready meals and vegetables. Store cupboard foods don't keep forever so check their use by dates regularly.

You may also want to consider ordering from supermarkets via the internet or having meals delivered to you. Contact your local council for Meals on Wheels availability or private companies such as:- Wiltshire Farm Foods, freephone 0800773773 or, Oakhouse Foods, 08456432050 (local rate)

Vitamin D

If you have limited mobility and rarely go outside, you may need a vitamin D supplement. This vitamin is essential for bone health and while some foods, such as oily fish, eggs and margarine contain Vitamin D, the body's main source is from the action of sunlight on our skin. Ask your doctor for advice if you are uncertain.



Reduce Salt

High blood pressure is the most important causal risk factor for stroke. High salt intake is related to high blood pressure. Aim for no more than a teaspoon a day (6g). Processed foods often contain salt so read the food labels and don't add extra salt at the food table or to cooking



Alcohol in Moderation

Too much alcohol can damage your health and increase your blood pressure. Keep within recommendations of no more than 14 units a week for men and women, spread over 3 days or more. One unit is approx' a small glass of wine (125ml, 9% vol) or half a pint of beer (4% vol).

Reduce Sugar

Sugar is used to make food taste nice and is a good source of calories, but it has no other nutritional value.

If you need to lose weight, cut down on cakes, pastries, biscuits and sweets.

What if I have a Poor Appetite?



The principles of healthy eating still apply, but it's best if you have small meals and snacks that are rich in nutrients, such as eggs or cheese on toast or muffins and crumpets with butter and jam, or cheese, banana, egg or fish sandwiches.

Try nourishing drinks made with full cream milk such as Ovaltine, Horlicks, Drinking Chocolate or milky coffee.

If you are underweight, fat and oil are good sources of calories but try to use more of the monounsaturated olive oil varieties for spreads and dressings. Add grated cheese, cream and butter or margarine to potato or vegetables. Add cream, custard and evaporated/condensed milk to desserts.



It is also important for you to still have 1-2 portions of oily fish a week. Try small tins of sardines, pilchards or mackerel on toast with grated cheese, or a salmon sandwich.

You may not be able to manage 5 portions of fruit and vegetables a day but try to have tinned fruit in syrup and dried fruit and nuts which are packed with nutrients.

Maintaining a nutritious diet with limited mobility

It's useful to have store cupboard basics for when you're unable to get to the shops. Stock up on:

- Long-life fruit juices/drinks and dried or evaporated milk.
- Tinned - meats, oily fish, fruit, soups, vegetables and puddings
- Dried - fruits and nuts , packet soups and instant potato



Saturated fat is found in meat fat, butter, lard, cheese, cream, full cream milk and cakes, biscuits and pastries.

Replace saturated fat with the 'good' fats, monounsaturated fats found in olive and rapeseed oils and spreads and some nuts and seeds.

Oily fish is rich in polyunsaturated omega-3-fatty acids which are very beneficial in reducing your risk of another stroke.



Include 1-2 portions a week of sardines, mackerel, salmon or fresh tuna. Your dietitian can advise you on fish oil supplements if you don't eat fish.

Commercial cholesterol lowering products such as Benecol and Flora Proactive can be useful, but you must take the right amount. Please read the packaging carefully.

Remember, all fats and oils contain the same number of calories. Cut down on fat in general if you want to lose weight.

Please Note: if you have been prescribed a Statin (cholesterol lowering drug) it is advisable to avoid grapefruit and grapefruit juice due to its interaction with the drug, which can be serious.