

The Medicare Diet: Best Diet For Stroke Prevention in Seniors



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Need Some Food For Thought?

The best diet to prevent stroke is very similar to ones recommended by a dietitian to [lower cholesterol](#) or [blood pressure \(like the DASH diet\)](#), which shouldn't come as a surprise. A stroke is, after all, a cardiovascular condition.

However, there are certain special considerations (even beyond the DASH diet), that you should make particularly if you're recovering from a stroke or have had one in the past, that must be taken into account. In this edition of The Medicare Diet, we go over the root cause of a stroke, and ways Medicare and a healthy diet can help keep your brain running smoothly.

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What is a Stroke?

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