

These 5 foods that increase the risk of stroke in women

The most common type of stroke is "ischemic" stroke. It is caused by a blockage in a blood vessel that supplies your brain. Many factors are arguably behind the surprising increase in the number of strokes in women, including:

- The increased rate of obesity. Women's waist circumference has increased by almost 5cm in the past 10 year
- Vitamin D deficiency due to a lack of exposure to the sun. Avoiding the sun also increases your risk of vitamin D sulfate deficiency, which can be an underlying cause of atheromatous plaque formation (a risk factor for stroke).
- The increasing prevalence of hyperglycemia (high blood sugar level)

When it comes to stroke (like most illnesses), prevention is clearly the best option, and your diet plays a key role in this.

The list of five foods that are associated with an increased risk of stroke

1 Red meat

Red meat is a risk factor for stroke. It's no longer a mystery. But it is a big mistake to put all the red meats in one basket. Because the differences between meats from factory farms and organic, grass-fed meats are so great that we are talking about two completely different foods. Organic grass-fed beef is generally not associated with the adverse health effects of industrially raised beef. But very few researchers, and even fewer journalists, distinguish between the two

2 salt

When it comes to salt, again, don't throw everything out the window. Refined salt used in processed foods cannot be compared to natural, unrefined salt. Avoiding processed foods

will help lower your risk of stroke and improve your overall health. It is important to understand that it is not necessary to avoid all types of salt. But only processed salts, such as classic table salt. Natural unrefined salt, on the other hand, such as Himalayan salt, is even very important for many biological processes, including helping the walls of blood vessels regulate blood pressure. This is clearly a beneficial effect, and not an effect which promotes the development of diseases.

3 Trans fats

They are known to increase the risk of stroke. If you are concerned about your health, avoid all foods containing trans fats. This includes many processed foods, like crackers, crisps, most industrial baked goods, and all fried foods, to name a few. Trans fats are known to promote inflammation. It is the basis of most chronic and / or serious illnesses, and not just stroke or cardiovascular disease. Women have a particular interest in following this advice. Because the rate of stroke is increasing in middle-aged women. Poor food choices are probably significant culprits. In a study published last year, postmenopausal women who consumed the highest amounts of trans fat on a daily basis were found to have a 30% higher incidence of ischemic stroke.

4 Beware of smoked, processed meats and cold cuts

Certain preservatives, such as sodium nitrate and nitrite, found in smoked and processed meats, have been shown to damage your blood vessels. This increases your risk of stroke. Additionally, nitrates are often converted to nitrosamines, which are also clearly associated with an increased risk of certain cancers. In a very recent review of more than 7,000 studies on diet and cancer conducted by the World Cancer Research Fund, researchers concluded that for this reason no one should consume processed meats. Hot dogs, bacon, salami, and other processed meats can also:

- Increase your risk of diabetes by 50%
- Affect your lung function
- Increase your risk of chronic obstructive pulmonary disease (COPD)

5 Light sodas

And yes, diet drinks can dramatically increase your risk of stroke. Research presented in 2019, during the American Stroke Association's International Conference, found that people who consume even one diet soda per day may increase their risk of stroke. by 48%!