

## **Living with a stroke By Cherie Madden**

### **What sorts of things or strategies helped you make healthier food choices?**

- To make healthier food choices, I first attended nutrition classes and watched programs on youtube which showed me how to plan more nutritious meals.
- I began reading the nutritional content in everything as I am diabetic and hypertensive and it was important to manage my salt and sugar intake.
- It was hard but I started with baby steps.
- First I stopped using oils and butter, nothing fried and more salads. To avoid awkward social situations, I said I was allergic to whatever I didn't want to eat and had the salad instead.
- I also reduced the number of sweet drinks per day to one and added more water. Sometimes I would divide cup of drink, juice, or pop into two and added pure water or soda water.
- I also took advice from the trainers from the gym.