

Oatmeal with nuts and berries was called the best breakfast to prevent stroke

Nutritionists recommend starting a day with a cup of oatmeal with berries and nuts. This combination will support the health of blood vessels and blood pressure, which plays a major role in reducing the risk of stroke.

Here are a few reasons why there is an oatmeal to protect against a stroke.

A lot of potassium. In oats, almonds, walnuts, berries contain a large amount of this substance. Potassium also helps to reduce blood pressure.

A lot of soluble fiber. Oatmeal boasts a high level of beta-glucan. This is a fiber useful for heart health, which helps to remove cholesterol from the body. As a result, the level of harmful cholesterol is reduced, less atherogenic plaques on the walls of arteries accumulate, which reduces the risk of colliding with a stroke.



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A lot of antioxidants and other substances useful for blood pressure. These

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substances are full of berries.

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