

# Different foods linked to risk for ischemic, hemorrhagic stroke

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(HealthDay)—Different foods are associated with the risk for ischemic

and hemorrhagic stroke, according to a study published online Feb. 24 in the *European Heart Journal*.

Tammy Y.N. Tong, Ph.D., from the University of Oxford in the United Kingdom, and colleagues analyzed data on 418,329 men and women from nine European countries with an average follow-up of 12.7 years to examine the correlations between major foods and [dietary fiber](#) with subtypes of stroke.

The researchers found that for [ischemic stroke](#) (4,281 cases), the risks were lower with a higher intake of fruits and vegetables combined (hazard ratio, 0.87 for 200 g/day higher intake), dietary fiber (hazard ratio, 0.77 per 10 g/day), milk (hazard ratio, 0.95 per 200 g/day), yogurt (hazard ratio, 0.91 per 100 g/day), and cheese (hazard ratio, 0.88 per 30 g/day). The risk was higher with greater red meat consumption (hazard ratio, 1.14 per 50 g/day) but was attenuated and no longer statistically significant when adjusted for other statistically significant foods. Higher risk for hemorrhagic stroke (1,430 cases) was seen in association with higher egg consumption (hazard ratio, 1.25 per 20 g/day).

"The different dietary factors associated with risk of ischemic and [hemorrhagic stroke](#) highlight the importance of differentiating stroke subtypes in epidemiological studies," the authors write.

**More information:** [Abstract/Full Text](#)

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