

[IMAGE]

## Potassium Linked to Fewer Strokes in Women

When it comes to stroke prevention for women, eating foods rich in potassium can help, according to a new study.

In the new study, published in the journal *Stroke* researchers tracked more than 90,000 postmenopausal women aged 50 to 79 for an average of 11 years. The average daily intake of potassium was just over 2,600 mg per day. The lowest potassium group consumed less than 1,925 mg daily. The highest group consumed more than 3,194 mg per day, according to the study.

The researchers found that women who consumed the most potassium were 10 percent less likely to die during the study period and 12 percent less likely to suffer a stroke compared to those who ate the least potassium. In addition, the investigators found that the risk of ischemic stroke -- that's the type caused by a blockage in a blood vessel in the brain -- was reduced by 16 percent for those who ate the most potassium compared to the least. However, eating more or less potassium didn't affect the risk of hemorrhagic stroke, which occurs when a vessel ruptures.

If you are an older woman looking to lower your risk of stroke, make sure to fill up with bananas and other sources of natural potassium-filled foods.

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