African Americans are Disproportionately Affected by High Blood Pressure and Heart Disease

Blacks ages 35–64 are 50% more likely to have high blood pressure than whites.
Blacks ages 18–49 are 2x as likely to die from heart disease than whites.

Heart Disease is NOT a Part of Heritage

What IS in your heritage is a healthy heart, strong body, and vibrant and delicious foods.

The “Southern Diet”
The “Southern Diet” of fried foods and sugary beverages is often seen as the “traditional” diet for many African Americans.

VS

The African Heritage Diet
But in fact, a healthier, more traditional model can be found by looking to the foods brought to the New World by Africans.

7 African Heritage Inspired Tips for Heart Health

1. Boost flavor with spices instead of salt.
3. Use lean, healthy meats in smaller amounts for flavor.
4. Find real foods everywhere. At a corner store, buy unsalted peanuts or a piece of fruit; at a lunch buffet, load up your plate with salad, veggies, fruit, and beans.
5. Jazz up fruits—like melons, berries, or mangos—for dessert.
6. Add crushed ice to water or sparkling water to make refreshing “ades” (like lemonade!).
7. Think of your dinner table as a “healing table,” a place where people come to share beautiful, fresh foods and reinforce a long, happy and healthy life.