

# 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



**Reduce Your Risk** with a healthy blood pressure:

Less than **120**

Less than **80**



**A Balanced Diet**

that emphasizes healthy plant foods and is low in salt can **LOWER** high blood pressure levels by

**11.5** mm Hg



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.

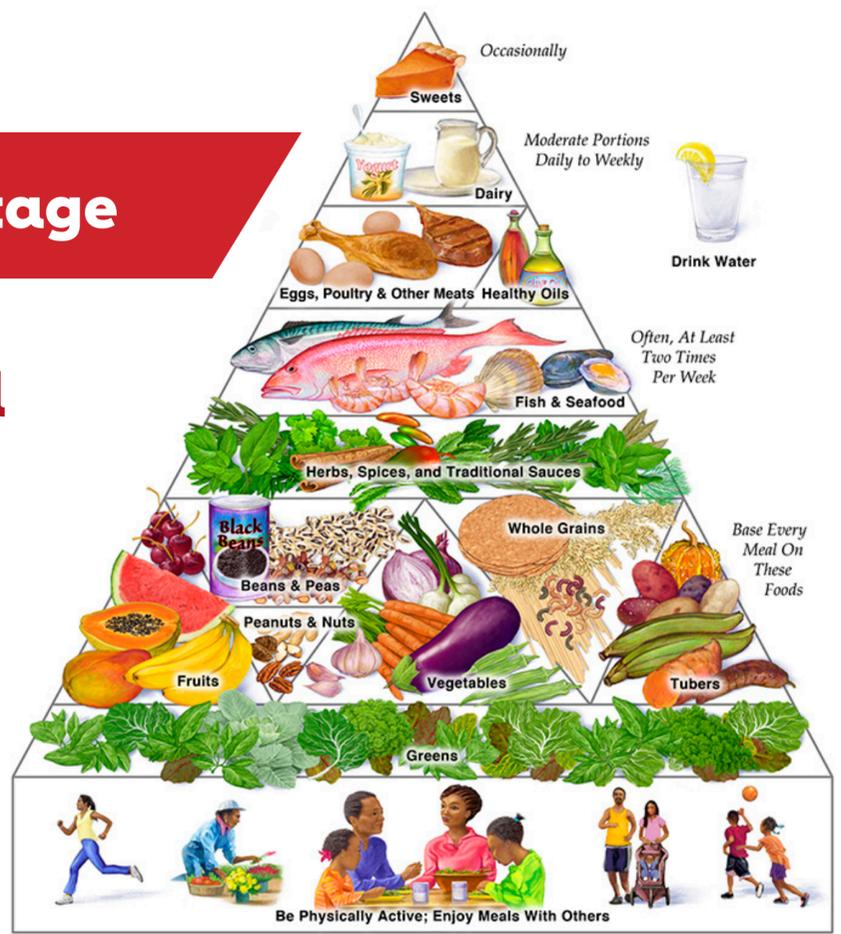


Illustration by George Middleton

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**African Heritage Diet Pyramid**

## 7 African Heritage Inspired Tips for Heart Health



1. **Boost flavor** with spices instead of salt.



2. **Going for seconds?** Opt for veggies, like okra, cabbage, or green beans.



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.**

