

DOWN HOME

**HEALTHY
COOKING**

*Recipes and tips for
healthy cooking.*





PREFACE



African Americans suffer from higher rates of serious diseases like high blood pressure, Type 2 diabetes, heart disease and some types of cancer. African Americans suffer more serious health problems and die at an earlier age from these diseases. The good news is that eating a healthy diet and leading an active lifestyle promote good health and lowers the chances for getting these illnesses.

A healthy diet includes fruits and vegetables, whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts. A healthy diet is also low in saturated fat, trans fat, cholesterol, salt and added sugars.

Everyone has the power to make choices to improve his/her health. And eating right doesn't mean giving up our wonderful soul food. In fact, the basic staples of traditional soul food include lots of healthy vegetables: dark leafy greens, sweet potatoes, and high-fiber black eyed peas just to name a few. But they are often cooked with ingredients that add too much saturated fat, calories and salt to our diet.

By making a few simple changes, you and your loved ones can enjoy the flavors of healthy down home cooking. The recipes and hints in this cookbook will help you get started.