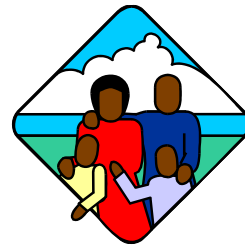




Everything You Need To Know About Soul Food Brought to You By Amy Reuter, RD



Food plays a big part in the lives of most African Americans. Good food and celebration go hand in hand. Yet, the traditional ways of frying foods and using fats for seasoning can increase the risk of heart disease.

What can you do to prevent heart disease? Choose foods lower in saturated fat and cholesterol to reduce your risk. Hold on to tradition- but make a few changes to eat in a heart-healthy way.

Traditional Favorite Cuts of Meat

Choose **MORE** often

Ham Hocks- Ears- Neckbone- Feet

Choose **LESS** often

Brains, Hogmaws, Tongue, Tail, Vienna sausage, Ribs, Chitterlings, Oxtails

Here are a few more ways to cut back on saturated fat and cholesterol

- ◆ **For biscuits-** Use vegetable oil instead of lard or butter and skim milk or 1% buttermilk instead of whole milk.
- ◆ **For macaroni and cheese-** Use low-fat cheese and 1% or skim milk.
- ◆ **For gravies and sauces-** Skim the fat off pan drippings. For cream or white sauces, use skim milk and soft tub or liquid margarine.
- ◆ **For greens-** Use skin-free smoked turkey, liquid smoke, fat free bacon bits, or low fat bacon instead of fatty meats
- ◆ **For sweet potato pie-** Mash sweet potato with orange juice concentrate, nutmeg, vanilla, cinnamon, and only one egg. Leave out the butter.
- ◆ **For cakes, cookies, quick breads, and pancakes-** Use egg whites or egg substitute instead of whole eggs. Two egg whites can be substituted in many recipes for one whole egg. Use applesauce instead of some of the fat.
- ◆ **For fried chicken-** Don't eat the skin. Also- try oven baked chicken without the skin.

**Taken from National Institute of Health National Heart, Lung, and Blood Institute and Office of Research on Minority Health