



Improve your daily diet

Good health starts in your kitchen.

Traditional soul food is a mainstay of African American culture. Unfortunately, the more traditional the dish, the more likely it is high in saturated fat, trans fat, cholesterol and salt. A steady diet of these types of foods can pose serious challenges to your health.

All good things in moderation.

We're not asking you to change your behavior overnight. Instead, take small steps toward a healthier diet by learning to manage what you already eat.

Listed below are recommendations, based on a 2000-calorie-per-day balanced diet, that can help you enhance your overall well-being.

Soul foods typically depend on fat, sugar and sodium for their flavor. By modifying recipes and decreasing portion sizes, African Americans may reduce their weight and the resulting chronic diseases.

Sources:
National Institutes of Health, 2008.



One size does not fit all. For a more personalized eating plan composed of foods and amounts that are right for you, log on to www.choosemyplate.gov.

Get more information about nutrition and healthier soul food recipes at www.uhcgenerations.com.

