**Mayo Clinic Minute: How a Southern diet is connected to chronic diseases**

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| Ivan Porter II, M.D.  
Nephrology  
Mayo Clinic | “… Those tend to play a larger role in the Southern diet, and we know that those are associated with high blood pressure.” |
| Fried chicken, macaroni and cheese, and sweet tea: ... | That’s because Southern cooking tends to be high in saturated fats, salts and loaded with added sugar — all risk factors for hypertension. |
| And a major risk factor for heart disease, stroke, vision problems and kidney disease — a huge problem in the African-American community, says Dr. Ivan Porter II, a Mayo Clinic nephrologist. | “Forty-one percent of African Americans can have high blood pressure, compared with 27% of their white counterparts or Caucasians.” |
| Dr. Porter says it is time to change that. | “If you can change the way that you approach your diet, you can certainly change the impact that high blood pressure can have on your health.” |
| But it doesn’t mean fried chicken is completely off the menu. | “Everything must be in moderation.” |
| Dr. Porter tells his patients to start change by eliminating one high-risk food at a time. | “Look at the calories that they’re getting from sugar-sweetened beverages and try to eliminate that as a start.” |
| For the Mayo Clinic News Network, I’m Alex Osiadacz. | |