

**Mayo Clinic Minute: Diet and heart disease in the Black community**

<b>Video</b>	<b>Audio</b>
	Savory dishes, like collard greens with ham hocks and black-eyed peas, are part of African American cuisine and deeply rooted in Southern tradition.
	"Food is very important to us."
	But soul food is sometimes loaded with sodium, sugar and fat, which makes those foods high in flavor but can also raise your risk of heart disease. Dr. LaPrincess Brewer suggests that people make subtle changes to their diet.
<b>LaPrincess Brewer, M.D.</b> <b>Cardiovascular Medicine</b> <b>Mayo Clinic</b>	"Focus on portion control, lower fat, lower sodium content, and really focus on the fresh foods, so fresh fruits and vegetables, and integrate those into your diet."
	Instead of ham, use smoked turkey meat and natural seasonings like oregano and cumin, which can add flavor without all that sodium and fat.
	"We may need to revamp how we prepare them by substituting more healthier ingredients so that we can live healthier but still preserve our culture."
	For the Mayo Clinic News Network, I'm Sonya Goins.