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Improving African American Health Through Cooking by [James Blee](#)

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Good food is a way of life in the African American community. There is an emotional attachment to food as seen in family Sunday dinners, church picnics, and namely any celebration. Though there is great love for these foods, especially grandma's secret recipes, the fact of the matter is that many African American health issues, such as heart disease and stroke, have risen from the excess cholesterol, fat, and sodium that are prominent in so many dishes. Fortunately, many organizations, national, private, and community based, have risen to the occasion and have taken great steps to change black wellness issues such as these.

It is so important to educate the African American community about the prevalence of heart disease and stroke. Though we all want to enjoy our family gatherings with the endless amounts of delicious food prepared, many things in the preparation of these foods need to change. This is not to say the food needs to change, nor do the fabulous flavors. Many chefs and nutritionists have come together to explore different ways to improve these African American health issues by modifying many favorite recipes.

These chefs have taken classic recipes and come up with ways to make them heart healthy by lowering excess saturated fats, cholesterol, and sodium. This is extremely important for Black wellness, as heart disease and stroke are the leading causes of death in the African American community. So to ensure that you keep your family protected, look for heart healthy recipes on the internet and keep enjoying delicious family recipes but with a healthy twist.

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