

WHY HEALTHY

Soul
Food

Greetings:

Across America, we are fortunate to have access to thousands of different fruits and vegetables. We all have our favorites, but what is mostly unknown is the nutritional wellness benefits that produce offers.

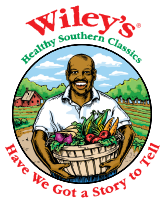
The term “Soul Food” is commonly associated with the foods popularly prepared by African Americans. These recipes and dishes feature aromas and tastes that create a cuisine that’s in a category of its own. Looking back in history to the year 1619, the year the first Africans arrived in America, we now know these new Americans were physically empowered to work hard and were the muscle that built many industries that are still thriving today.

Why Healthy Soul Food? Healthy Soul Food prepared and consumed by these gifted Americans is the basis for Nutritional Empowerment and Wellness. If their ancestors and all other Americans were to discover the unopened wellness gift they left behind, America would be a healthier nation.

This booklet forwards wellness anecdotes offered by popular Soul Food produce items. I think you’ll be amazed and enlightened on the nutritional power of fresh produce!

Live Wellness,

Wiley





Beans

(Brain Food)

Perhaps you know someone that suffers from depression. Most people hold the belief that the onset of depression comes from a family history of family members suffering from this illness. While another strong belief about experiencing depressions suggests that catastrophic or life changing events occur and interrupts stability resulting in depressions. A recent study reveals that what you eat can and will impact your emotional wellbeing. Research reveals that between 15 and 38 percent of the people if people experiencing depression are deficient in folate.

Beans and Peas are excellent sources of Folate, and although Folate may not prevent the onset of depression. There are so many different beans to choose from, and a serving of beans tends to satisfy your appetite than most other foods. Beans may also reduce LDL (bad cholesterol) stabilizing blood sugar and aid in controlling weight.

Leafy Cooking Greens

(Vision Loss Fighter)

Collards, Turnip Greens, Mustard Greens and Cabbage are leafy cooking greens that are closely linked to many “authentic” Soul Food dishes. What most people don’t know however is that these powerhouse veggies can help you have sharp vision. Cooking greens are loaded with lutein and zeaxanthin, two natural plant pigments.

These antioxidants are in the carotenoid family and are the only carotenoids found in the eye. Research has proven that people with high levels of lutein and zeaxanthin have as much as three times less risk of macular degeneration than those with lower levels. Cooking greens are packed with minerals, vitamins, fiber, and a large number of phytochemicals that may reduce disease risk, eye disease and certain cancers.

Sweet Corn

(Excellent Low-Fat Food)

Sweet Corn is a good source of complex carbohydrates, fiber and thiamin. Corn is a low-fat food that when consumed generates abundant energy that aids in fighting heart disease, certain cancers and obesity.

Corn also contains a significant level of soluble fiber. This type of fiber may help lower cholesterol by blocking it from being absorbed. If you need to lose a few extra pounds. Corn can be very beneficial to you. High-fiber foods like corn increase bulk and make you feel fuller sooner and longer.

Potatoes

(Satisfying Favorite Food)

Eating cooked unpeeled potatoes is an excellent way to get a nutritional boost. The peel is loaded with nourishing nutrition. Because of potatoes popularity, they are a leading source of Vitamin C in most of our diets.

Baked Potatoes (Skin on) are rich in potassium which is known to lower blood pressure. Careful though, consuming a large amount of potatoes during a meal can be problematic given that the natural starch in potatoes is high in glucose (sugar) and can and will spike blood sugar.

Watermelons & Cantaloupe

(Nutritional Powerhouses)

Don't be fooled by the light and subtle smell of melons. These delicious fruits are giants not only in size but also in nutrition, taste and versatility. Consuming melons may aid in preventing the onset of acne, cardiovascular disease, respiratory illness and vision loss.

Cantaloupe and Honeydew Melons are excellent sources of potassium which is linked to lowering blood pressure and the reduced incidence of heart disease and stroke. Watermelons are rich in lycopene, an antioxidant that powerfully lowers the risk for heart disease and prostate cancer.

The Wealth of Soul Food

Our enslaved American ancestors had to fend for themselves in addressing sickness, illness, physical and emotional distress. Typically, they raised their own food in small plots adjacent to their living quarters. Because meat protein was minimal, these early Americans used their intuition and love of the earth to provide sustenance and wellness.

The following are a list of familiar health issues and how they can be addressed and improved by eating certain natural foods:

High Blood Pressure

- Calcium-rich foods like broccoli, cooking greens and figs contain significant amounts of calcium and aid in lowering blood pressure.
- High fiber foods like lentils and asparagus reduces blood pressure.
- Fatty Fish and Shellfish are excellent sources of omega-3 fatty acids which helps with blood circulation and lowers blood pressure.
- Potassium-rich foods like Potatoes and Bananas may improve blood pressure.
- Vitamin C intake helps widened blood vessels while promoting elimination of natural toxins like lead which contributes to high blood pressure. Foods rich in vitamin C include berries, citrus, peppers, and broccoli.

Heart Disease

- Soluble Fiber is especially beneficial for improving cholesterol which lowers the risk of atherosclerosis. Beans, carrots, and oats are good sources of soluble fiber.
- Folate helps reduce levels of homocysteine; an amino acid linked to heart disease. Leafy Cooking Greens are good sources of folate.
- Omega-3 fatty acids may reduce the risk for heart attack by reducing blood clotting and decreasing the risk of irregular heartbeat. Sardines and shellfish are excellent sources.

High Cholesterol

- There is growing evidence that flavonoid-rich foods contribute to healthy cholesterol levels. Apples, citrus fruits, and onions are sources.
- Early research suggests that lycopene, a carotenoid that's found in tomatoes, watermelon and apricots may help lower LDL cholesterol.
- Some research proposes that individuals who consume diets rich in onions and garlic have lower cholesterol levels.

Stress & Anxiety

- The brain uses tryptophan to help produce serotonin, a mood enhancing neurotransmitter. Tryptophan is sauced in peas, turnips, bananas, and poultry.
- Vitamin B6 assists the body in producing brain chemicals, including serotonin which helps the body cope with anxiety and stress.
- Calcium is vital for normal communication between nerve cells and for muscle contraction. The leafy greens like collards, turnip greens and cabbage are good sources of calcium.

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