



## Healthy Living with Hypertension: A Guide for African Americans

By Cheryl Campbell Atkinson

iUniverse, United States, 2004. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Soul Food is a term coined by African Americans to capture the uniqueness of the cooking style utilized for themselves, families and friends, all prepared with love, care and lots of soul. Many of these foods are rich in vitamins and minerals, but are also rich or high in total fat, saturated fat, cholesterol and sodium (salt). Cutting back on salt, as well as providing recipes that are lower in sodium, fat, and cholesterol, will help to promote heart-healthy living.



[READ ONLINE](#)  
[ 6.85 MB ]



### Reviews

*I actually started off looking over this publication. I have read through and so i am certain that i am going to likely to study again yet again later on. I am easily will get a delight of reading a written pdf.*

-- **Ross Hermann**

*This sort of ebook is everything and got me to searching in advance plus more. I could comprehended everything out of this created e pdf. You are going to like just how the author compose this pdf.*

-- **Prof. Ethelyn Hoeger**