



The Basics Of Diabetes Nutritional Therapy For African Americans: A Primer For Diabetes Meal Planning In The Primary Care Setting

Cheryl Atkinson

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Cultural diversity impacts what and how we eat. Cooking and Feasting with foods that are high in fat, sodium, and carbohydrates (sugars), are at the center of the traditional practices of African Americans. This ethnic group has "paid a high price for this lifestyle, with high incidences of Diabetes." Understanding cultural differences can aid in providing nutritional counseling that is culturally sensitive. Remember! Diabetes is the fourth leading cause of disease-related death for African Americans.

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