

TABLE 2

Traditional Food Choices of African Americans^{15,16}

TYPE OF FOOD	EXAMPLES OF TRADITIONAL CHOICES
Vegetable	Okra, carrots, pumpkin, cabbage, onion, jicama, collard greens, squashes, potatoes, and kale
Fruit	Bananas, watermelon, pineapple, berries, tropical and citrus fruits
Protein	Poultry (especially deep-fried chicken), beef, eggs, fish (eg, cod, tuna, mackerel, porgy, and catfish), black-eyed peas, lima beans, garbanzo beans, pumpkin seeds, peanuts, and sunflower seeds
Grain	Barley, couscous, rice, amaranth, and maize
Oil/Fat	Coconut oil, olive oil, and other tropical oils (eg, palm oil)
Herb, Spice, and Flavoring	Ginger, cilantro, cloves, and pepper
Dairy	Yogurt and buttermilk*

*It's important to note that milk often is excluded from the diet because many African Americans are diagnosed with, or believe they have, lactose intolerance.^{15,16} African Americans consume, on average, 1.2 servings per day compared with the recommended two to three servings.¹⁶ A lower dairy intake may influence diabetes and obesity prevalence.