

SUNDAY MORNING

Health Corner

Healthy Soul Food Swaps

Soul food is more than just a meal—it's a celebration of culture, tradition, and community. But some classic recipes can be high in salt, sugar, and saturated fats, which aren't always kind to our hearts. **The good news?** You can enjoy the rich flavors you love with a few simple, heart-healthy swaps.

Delicious Swaps for Nutritious Plates

- **Fried Chicken:** Instead of deep-frying, bake or air-fry your chicken.
- **Collard Greens:** Skip the salt pork or ham hocks. Try seasoning with smoked turkey or a splash of apple cider vinegar for depth without the sodium.
- **Mac & Cheese:** Swap full-fat cheeses for reduced-fat versions, and use whole-grain pasta for added fiber. Blend in pureed cauliflower for a creamy boost!
- **Candied Yams:** Cut back on added sugar by roasting yams with cinnamon, nutmeg, and a drizzle of honey or maple syrup.
- **Cornbread:** Use whole-grain cornmeal and substitute unsweetened applesauce for some of the butter or oil to make it lighter but still moist.

Celebrate Flavor & Health

You don't have to sacrifice taste for nutrition. By making these **small changes**, you can enjoy the soul food you love while taking care of your heart and well-being.

Your soul food can nourish more than just your soul—**it can nourish your health too!**



THE BALM
IN GILEAD
INC.

www.balmingilead.org