

# AMERICA'S SOUL FOOD MUSEUM



CELEBRATING 400 YEARS, BUILDING ON THE LEGACY OF OUR ANCESTORS

187 Edgewood Avenue S.E., Suite 305  
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Chef, Dr. Kenneth Willhoite



*Chef Dr. Kenneth Willhoite*



Daddy Knight



*Soul Food Museum .org*

187 Edgewood Avenue, SE., Suite 305  
Atlanta, Georgia 30303

**COOKING HEALTHY**  
**Soul Food**  
**to Achieve Optimal Health!**



USA'S  
**FOOD**  
**MUSEUM**



**CELEBRATING 400 YEARS, BUILDING ON THE LEGACY OF OUR ANCESTORS**

**Open 9-7pm Daily**  
187 Auburn Ave. NE  
Martin Luther King District  
Atlanta, Georgia 30312  
404-525-9478



Chef, Dr. K.





# Introduction

## The Brain, Mental Disorders & Food

Emerging research suggests a balanced diet and regular exercise can also protect the brain and ward off mental disorders. How we feel can be a result of what we eat, but what we eat can also be due to how we are feeling. Food and the chemicals in our brains interact to keep us going throughout the day. It is important to eat a variety of healthy foods, as they have different effects on our brains.



- For example, carbohydrates increase serotonin, a brain chemical that has a calming effect. Perhaps that's why people often crave carbohydrate-rich foods when they are under stress. Protein-rich foods increase tyrosine, dopamine, and norepinephrine, which help to increase alertness. In addition, certain healthy fats (omega-3 fatty acids) become part of the membranes of brain cells and control many brain processes. Poor nutrition or lack of a variety of healthy foods can contribute to depression by limiting the availability of these specific nutrients. This webinar will present information on the various nutrients in soul food that will contribute to achieving optimal health through healthy eating.



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## 1. Making Soul Food Healthy

Share Ways that Soul Food can become a healthy part of the contemporary African American diet

## 2. Correlation between Mental / Behavioral Health

Better address the correlation between mental /behavioral health concerns with the cause/effect of dietary considerations.

## 3. The Impact of Substance Abuse on Nutrition

Better understanding of the downward spiraling impact of substance abuse on nutrition







**Topic 1: Share Ways that Soul Food can become a healthy part of the contemporary African American diet**

# **MAKING SOUL FOOD HEALTHY**



# Making Soul Food Healthy

## Cooking Healthy Soul Food to Achieve Optimal Health!

- Whenever health statistics for African Americans are published, the incidences of heart disease, diabetes, obesity frequently are in the headlines. Let's change the image of our traditional "comfort foods" from Grandma's Sunday dinners, and from being contributors to poor health to being part of a healthy, nutritious dining experience. Sharing new approaches to a healthy diet can prove to be a valuable part of restoring balance to patients (and family members) with health related challenges.



## Making Soul Food Healthy

- What is Soul Food?
- We are what we eat?
- Healthy Eating habits of African Americans
- The average African ate mostly a vegetarian diet.
- (A nutritional profile in the African American Diet)





# Making Soul Food Healthy

- Collard Greens, Yams, Black Eyed Peas, Okra, Watermelon,
- Peanuts, Coffee, Eggplant, Cabbage, Spinach; are some of the vegetables and fruits that have been a part of our regular diet for centuries. We should be proud and continue to eat them because of their high nutritional value. For example; I will explain foods from – their nutritional profile.

## Definitions

- Soul Food - Although the term Soul Food dates only to the slave days, the roots of Soul Food can be traced back to Africa. Some of these foods became part of America's crops and food. Using discarded meat from the plantation such as pig's ears, tails, beef tongue, ham hocks, chitterlings, etc. Poor Whites & Blacks in the south ate many of the same dishes. The recipes and cooking techniques tended to be handed down orally. *Ask .com*
- Soul Food - An informal food, such as chitterlings and yams, which is traditionally eaten by U.S. Blacks – *Collins Essential English Dictionary*
- Soul Food - A dish that has been traditionally seasoned and prepared by African Americans through pure essence of heart, mind and soul. *Chef, Dr. Kenneth Willhoite*



## Making Soul Food Healthy

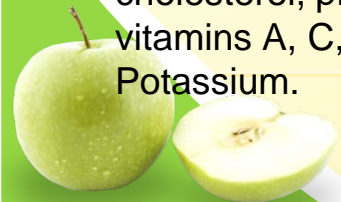
Foods of Africa

A Nutritional Profile

**Collard Greens and Kale** contain potent cancer fighting compounds and have been shown to help provide vitamins K, A, C, manganese, folate, calcium, dietary fiber, vitamin B6, B2, vitamin E, B3, Zinc, B1, potassium, Omega 3 fatty acids and Iron to name a few.

**Yams-** A good source of dietary fiber, potassium, vitamin C, manganese and vitamin B6, protection against cardiovascular disease.

**Black Eyed Peas** – Low in fat, no cholesterol, provides fiber, protein, vitamins A, C, Calcium, Iron, Potassium.





# Making Soul Food Healthy

- **Okra** – Low in calories and is a good source of nutrients including vitamin B6 and C, fiber, Calcium and Folic Acid and Iron. It is effective for the prevention of neural tube defects in developing fetuses mainly due to its high content of Vitamin B6, Calcium, Fiber and Folic Acid.

(The chart can be found by googling [www.whfoods.com](http://www.whfoods.com))

- **Watermelon** – Originating in Southern Africa, watermelons were first cultivated in Egypt where testaments to their legacy were recorded in hieroglyphics painted on building walls. The fruit was held in such regard that it was placed in the tombs of many Egyptian Kings, An excellent source of Vitamin C, A, B6, B1, Potassium, Thiamin, Magnesium and Low in calories. It also helps quench the inflammation that contributes to

conditions like asthma, diabetes, colon cancer Arthritis, and atherosclerosis. Watermelon is also a very concentrated source of carotenoid, Lycopene, known for antioxidant and cancer preventing properties; it is also protective against prostate cancer, breast cancer Lung Cancer and Endometrial Cancer.

- **Peanuts or Goobers** – Promotes heart health, a good source of Vitamin E, Niacin, Folate, reduces risk of cardiovascular disease. May prevent Colon Cancer, helps prevent Gallstones, protects against Alzheimer's and related cognitive decline. Peanuts flourished in many African countries. They were placed aboard boats traveling to America during the beginning of the Slave Trade, which is how they were introduced into this region.







## Making Soul Food Healthy

**Coffee** – Caffeine should be used with caution by people with heart disease and high blood pressure, hypertension, and from those suffering from the eye disease Glaucoma. A cup of coffee, depending on the strength, may contain some 20-100mg of caffeine.



# Making Soul Food Healthy

- **Eggplant** – Considered being a brain food. Found in the eggplant skin is Nasunin is a potent antioxidant and free radical scavenger that has been shown to protect cell membranes from damage. The eggplant was introduced to Africa before the middle ages. A good source of dietary fiber, potassium, manganese, copper, thiamin, vitamin B1, B6, Folate, Magnesium and Niacin.
- **Cabbage** – The cabbage originated in Western Europe. Great for cancer prevention. An excellent source of Vitamin K and Vitamin E. It is also a very good source of Fiber, Manganese, Folate, Vitamin B6
- **Potassium and Omega-3 Fatty Acids.** Cabbage is also a good source of Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Calcium, Magnesium, Vitamin A, and Protein.
- **Spinach** – Contains Vitamin K, A, Manganese, Folate, Magnesium, Iron, Vitamin C, B2, Calcium, Potassium, B6, E, Copper, Zinc.





## Making Soul Food Healthy

**Cucumber** – Low in Calories, has Vitamin C, A, Molybdenum Potassium, Manganese, Folate, dietary Fiber, Tryptophan, Magnesium.

**Onion** – Has Chromium, Vitamin C, dietary Fiber, Manganese, Molybdenum, Vitamin B6, Tryptophan, Folate, Potassium Phosphorus, Copper, low calories. Highly regarded by the Egyptians, and was used as a currency to build the Pyramids.

**Garlic** – Manganese, B6, Vitamin C, Tryptophan, Selenium, Calcium, Phosphorus, B1, Copper, Protein, low calories. A native to central Asia. It was given to the workers that built the Pyramids.





# Making Soul Food Healthy



- **Oranges** – Vitamin C, dietary fiber, Folate, B1, Potassium, Vitamin A, Calcium, low calories.
- **Dates** – A good source of Vitamin A, Beta Carotene, Iron, Potassium, Copper, Vitamins B6 and K.
- **Figs** – Cultivated in North Africa for thousands of years, has 23 types of Amino Acids, Vitamin C, B1, B2, A, Niacin. An almost ideal food providing a wide range of essential nutrients and potential health benefits. Figs help lower High Blood Pressure and are a good source of dietary Fiber, Potassium and Manganese.



# Making Soul Food Healthy

- **Pumpkin** – Packed with disease fighting nutrients, Anti-Aging properties that help reduce the risk of Cataracts and Tumor growth. Vitamin C and E, Alpha-Carotene, Beta-Carotene, Fiber, Potassium, Magnesium ensures proper immune function.
- **Sesame Seed** – Rich in Copper, Magnesium, Calcium, Iron, Zinc, Phosphorus, B1, Fiber. Brought to the United States From Africa in the 17<sup>th</sup> Century.
- **Squash** – Vitamin A, C, Potassium, dietary Fiber, Vitamins B6, B3, B5, Copper, Folate, Omega 3 Fatty acids and Antioxidants.
- **Tomatoes** – Good for Colon and Prostate health, may reduce blood clotting and antioxidant, excellent source of Vitamin C and A, Helps reduce Heart Disease. Improves Cholesterol, may help prevent Heart Attack and Stroke.
- **Injera** – Made of Teff, has Iron, Calcium, B1, B2, B6, and Vitamin C. Excellent Protein content with 8 Amino Acids, Gluten Free, Indigenous to Ethiopia. Said to have been the chosen bread of Jesus.
- **TEJ** – Ethiopian Honey Wine or Mead. Said to have been the chosen drink of Jesus.

**These items should be consumed Live, Steamed, Broiled, or Baked!**





## **Topic 2:**

**Better address the correlation between mental /behavioral health concerns with the cause/effect of dietary considerations.**

# **CORRELATION BETWEEN MENTAL / BEHAVIORAL HEALTH**







# Correlation between Mental / Behavioral Health

## **Boost Your Mental / Behavioral Health Through Food!**

It's a new day, we must teach our children and community in a new way, meet them where they are!

African Americans are at high risk for many serious and often fatal diseases such as, High Blood Pressure, Diabetes, Obesity, Heart Disease, Stroke and many types of Cancer.





## Correlation between Mental / Behavioral Health

African Americans are also more likely to suffer serious health problems and die from the preventable diseases. Eating a healthy diet rich in Fruits and Vegetables and Healthy supplementation may help lower our risk of getting these serious and often fatal diseases.





## Correlation between Mental / Behavioral Health

“Over the years we have spent too much time eating at fast food restaurants, indulging in unbalanced diets and not exercising enough.. People with chronic health problems or diseases should consult their doctor or dietician for individual daily needs.”





# Correlation between Mental / Behavioral Health

## 11 Super foods to Boost Your Health

I suggest that we incorporate on a daily or weekly basis, these, “Brain foods for mental, physical and behavioral health.”

Almonds

Apples

Blueberries

Brown Rice

Cacao

Beans

Chia Seeds

Cinnamon

Kale

Mangosteen

Olive Oil

Sweet Potatoes



# Correlation between Mental / Behavioral Health

## 5 Top Brain Foods

Wild Salmon



Cacao Beans



Matcha



Acai Berries



Coffee





The background features a light yellow grid pattern. In the upper right corner, there is a curved white border containing a close-up of various fruits, including green apples and red strawberries. In the lower left corner, there is a green curved border containing a whole green apple and a sliced apple.

**Topic 3:**

**Better understanding of the downward spiraling impact of substance abuse on nutrition**

# **THE IMPACT OF SUBSTANCE ABUSE ON NUTRITION**

# The Impact of Substance Abuse on Nutrition

## Substance/Drug Abuse Does Effect Your Health

Alcohol Street Drugs Meth Marijuana etc.

When a person inhales marijuana they sometimes get what's called "the munchies", resulting in;

- Over-eating with minimal exercise
  - Snack foods
  - Fast-foods
  - Prepackaged Foods
  - Eating at abnormal hours.
- 
- If this is practiced for too long period of time, it will have an impact on your overall health and well being.





# 8 Shocking Celebrity Weight Changes



**Mo'Nique – Comedian and actress**

**Age 43**

**Jennifer Hudson – Grammy and Oscar winner**

**Age 29**

**Oprah Winfrey – Talk Show Host,  
Philanthropist**

**Age 57**

**Janet Jackson – Singer, Actress**

**Age 44**

**Al Roker – Meteorologist The Today Show**

**Age 56**

**Star Jones – American TV Personality,  
Attorney**

**Age 48**

**Randy Jackson – American Idol Judge**

**Age 54**

**Steve Harvey – Actor, Comedian, Entertainer,  
Radio, Author**

**Age 51**

**Aretha Franklin – Queen of Soul, Singer,  
Chef, Actor**

**Age 68**

# Celebrities Associated with Diabetes

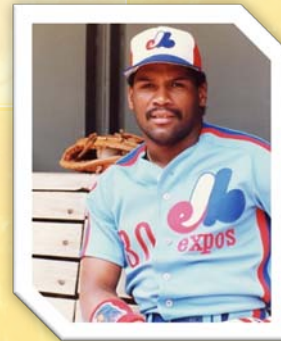
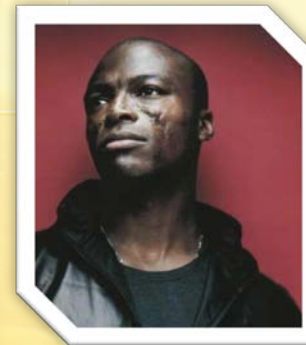
- Patti LaBelle – Singer, Author  
Currently has Type 2 Diabetes.
- B.B. King – Singer Blues Musician  
Lived with Type 2 Diabetes for over 20 years.
- Gladys Knight – Singer, Restaurant owner, does not have diabetes, but supports diabetes research.
- Luther Vandross – Singer Suffered with Diabetes & Hypertension, cause of death was listed as Heart Attack.
- James Brown – Singer, Soul Brother #1, God Father of Soul, died at 73, diagnosed with Diabetes.
- at early stage of his life, also diagnosed with prostate cancer and died of congestive heart failure. “The Hardest working Man in Show Business.”
- LaWanda Page – Actress, Dancer, played “Aunt Esther” on Sanford & Son – Died of complications from diabetes at age 81.
- Esther Rolle – Actress “Good Times”, played Florida Evans – Suffered from Diabetes and was undergoing Dialysis treatment, died at 78.





# Celebrities with Lupus (form of cancer)

- Toni Braxton – Singer
- Seal – Singer, Actor
- Tim Lincecum – Baseball Player
- Michael Jackson – King of Pop

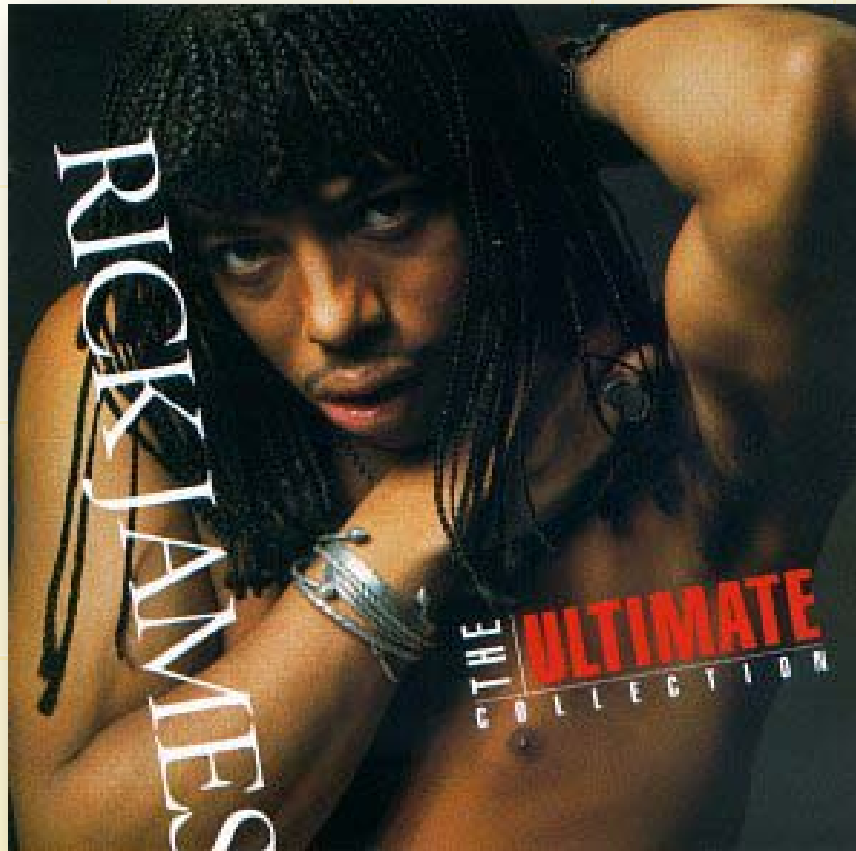


# Celebrities Who Died from related Heart Attack / Stroke / Kidney / Liver

1. Isabel Sanford – Actress, played “Weezy” on The Jefferson’s – Died of Cardiac Arrest and Heart Disease at age 86.
2. Coretta Scott King – Civil Rights Activist & Wife of Late M.L. King Jr. – Died of Ovarian Cancer, stroke and Heart Attack.
3. Barry White – Singer – Suffered Kidney Failure from years of High Blood Pressure, had been undergoing dialysis and experienced a stroke and was considered *obese*.
4. Isaac Hayes – Singer, Musician, Actor – Died at 65, had Hypertension and suffered a minor stroke.
5. Billy Preston – Singer, Musician – Died at 59, a result of Malignant Hypertension and Kidney Failure.
6. Flip Wilson – Actor, Comedian “Flip Wilson Show” – Died at 64 of Liver Cancer.







## **The Impact of Substance Abuse on Nutrition**

**Celebrities who died from Substance Abuse/Mental Behavioral related complications**

Rick James – Singer, Musician

Died at 56 of a Heart Attack and previously suffered stroke





## **The Impact of Substance Abuse on Nutrition**

**Celebrities who died from Substance Abuse/Mental Behavioral related complications**

Richard Pryor – Comedian, Actor

Died at 65, Cardiac Arrest, Multiple Sclerosis







## **The Impact of Substance Abuse on Nutrition**

**Celebrities who died from Substance Abuse/Mental Behavioral related complications**

Redd Foxx – Actor, Comedian

Died at 68 of a Heart Attack





## **The Impact of Substance Abuse on Nutrition**

**Celebrities who died from Substance Abuse**

Jimi Hendrix – Guitarist, Singer      Died at 27 Drug Abuse







## **The Impact of Substance Abuse on Nutrition**

**Celebrities who died from Substance Abuse/Mental Behavioral related complications**

Phyllis Hyman – Singer

Died at 45 Depression, committed suicide





## **The Impact of Substance Abuse on Nutrition**

**Celebrities who died from Substance Abuse**

Dorothy Dandridge – Actress, Singer

Died at 42 Depression, Accidental drug overdose of Anti-Depressant.





## Mental Behavioral Related Complications



Donnie Hathaway – Singer, Musician  
Died at 33 History of Mental Illness,  
Schizophrenia



# Closing

Life is for the Living;

Eat right, vegetables, fruit, whole grains and lean protein. Eat Less sugar and salt. Exercise for at least 30 minutes each day, and make sure you are scheduled for your next medical checkup. Listen to music that calms, uplifts and inspires you. Make a list of the good things about yourself and your life and take time to be grateful for each one. Make a list of positive affirmations, for example, I am Beautiful, I am Capable; I am Lovable; I am Worthy of all good things; I will achieve greatness.

Set aside time each day to repeat these affirmations to yourself to get them in your spirit. Make it a point to smile. Compliment and say kind, encouraging words to every person you meet. Encourage them to take extra special care of themselves.







**Help Promote**

The First Lady Michelle Obama's  
Let's Move Child Obesity Initiative!

<http://www.letsmove.gov/>



# Soul Food Museum .org



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Thank You!



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