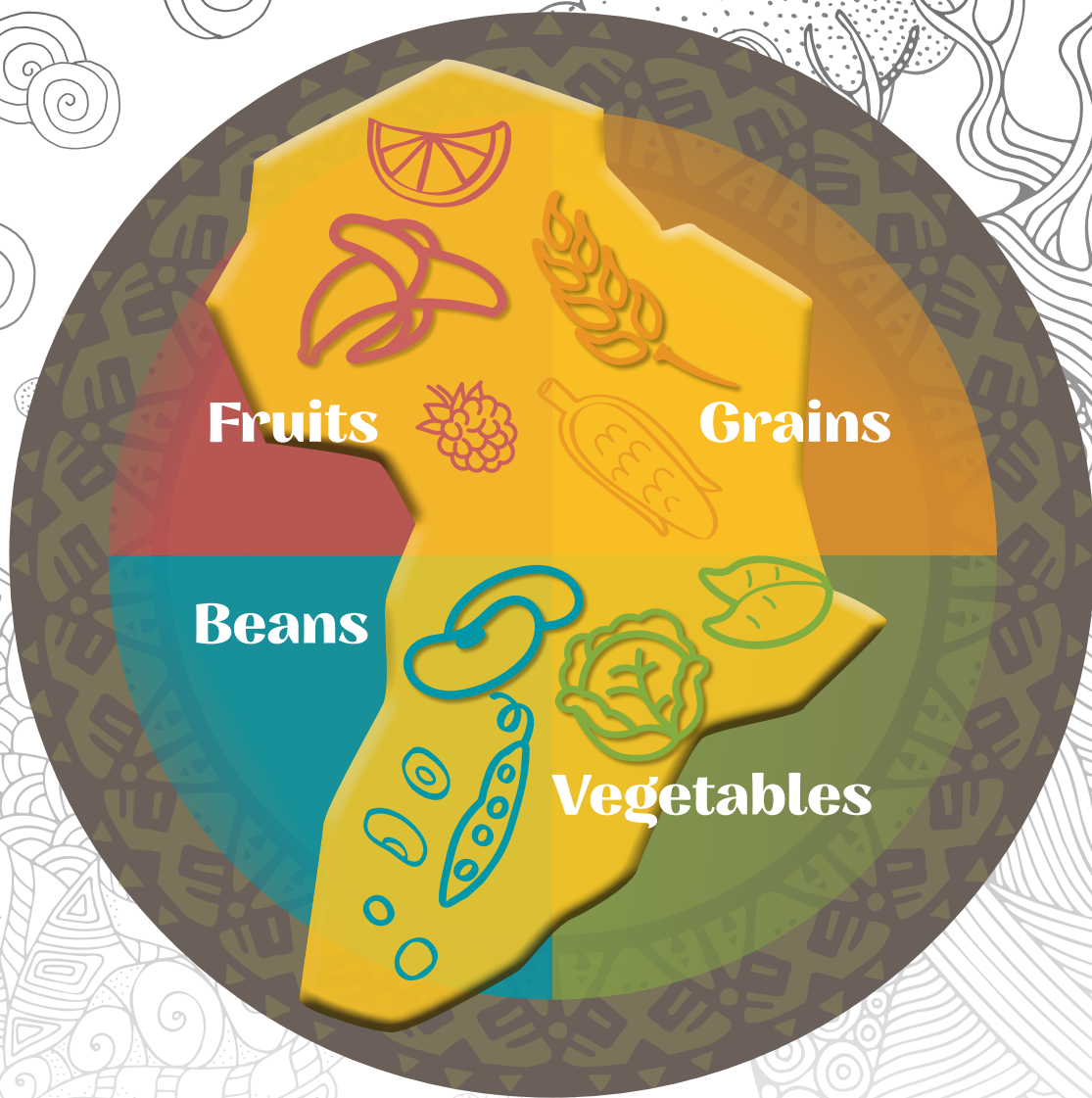


THE AFRICAN HERITAGE POWER PLATE

PREVENTION FOR: DIABETES ▲ HEART DISEASE ▲ CANCER ▲ OBESITY



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Try the African Heritage Power Plate and
enjoy health through heritage!

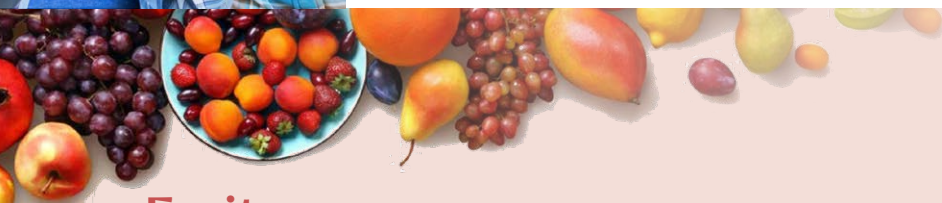


The African Heritage Power Plate

The Four Powerful Food Groups

The African Heritage Power Plate is based on Oldways' African Heritage Diet Pyramid and programming and the Physicians Committee's Power Plate. This plant-based way of eating is inspired by healthful food traditions from across the African diaspora. This Power Plate relies on four major food groups that were staples in traditional African diets: fruits, vegetables, whole grains, and beans, with the addition of a source of vitamin B12. It is free of animal products, including meat, dairy, and eggs, and it minimizes added salt, sugar, and fats.

Foods that feed the soul. This plate is naturally rich in fiber, vitamins, and minerals, low in saturated fat and calories, and free of cholesterol. A plant-based diet with the addition of vitamin B12 provides all the necessary nutrients at all stages of life. It is not only preventive, but it can also help reduce complications from chronic diseases that you may already have.



Fruits

Fruits are rich in fiber, carbohydrates, vitamins, and beta-carotene. Citrus fruits that are high in vitamin C include oranges, tangerines, limes, and more. Choose fresh, dried, canned, and frozen fruits over fruit juices.

Bananas, mangos, berries, watermelon, apples, peaches, plantains, plums, dates, grapefruit, tamarind, horned melon, pineapple, papaya, figs, pomegranates, jicama, guava, lemons, limes, oranges

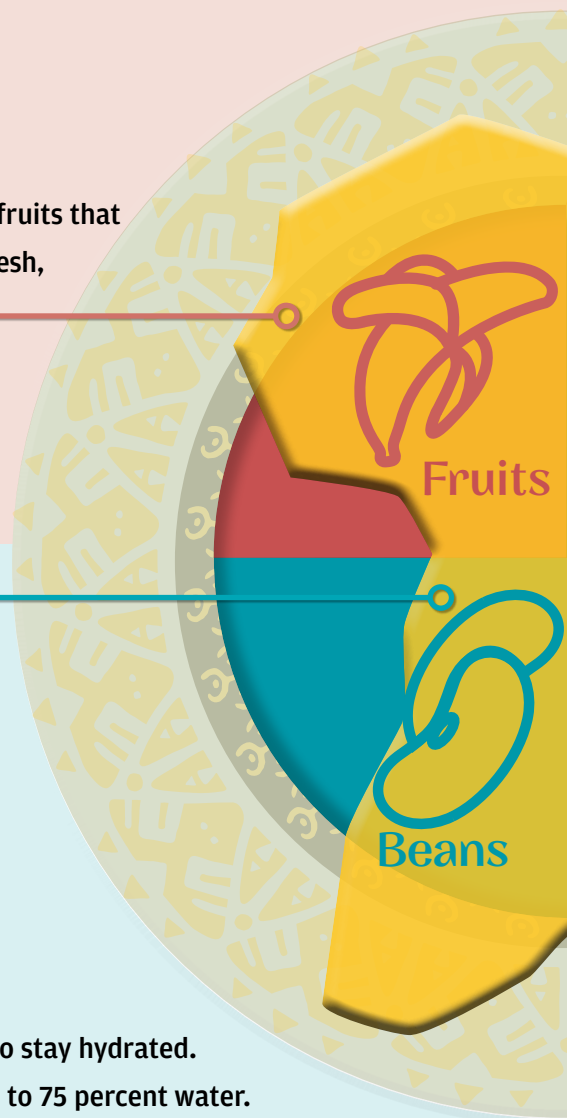
Beans

Legumes—including beans, peas, and lentils—are a great source of protein. They are also rich in fiber, iron, calcium, zinc, and B vitamins. This group includes nuts, seeds, and baked and refried beans.

Black beans, black-eyed peas, chickpeas, fava beans, great northern beans, kidney beans, lentils, lima beans, pigeon peas, red beans, navy beans, pinto beans

Water

Drink plenty of water daily to stay hydrated. The human body is about 65 to 75 percent water.



Things To Know About Nutrition

Protein is an important nutrient that helps build, maintain, and repair body tissue. Protein is widely available in beans, vegetables, and grains. You will easily get enough protein by eating a variety of plant foods in sufficient quantities to maintain a healthy weight. On the African Heritage Power Plate, protein sources include beans, peas, lentils, nuts, and seeds.

Calcium strengthens our bones and teeth. Dark leafy greens, fortified plant milks, and beans are all sources of calcium.

Vitamin D is important for maintaining healthy bones. The natural source of vitamin D is sunlight. Check the label on fortified cereals, grains, bread, and plant milks to find foods that supply vitamin D.

Vitamin B12 is essential for maintaining healthy nerves and blood. Taking a supplement is the easiest way to ensure you are getting adequate amounts of this nutrient.



Iron is abundant in the African Heritage Power Plate. Whole grains or fortified breads and cereals, dark green vegetables, dried fruits, assorted beans, nuts, and seeds all contain plenty of iron.

Omega-3 (Fatty Acids) are essential fats that can help support heart health, brain health, and healthy development. Walnuts, flaxseeds, and chia seeds all contain plant-based omega-3 fatty acids.

Whole Grains

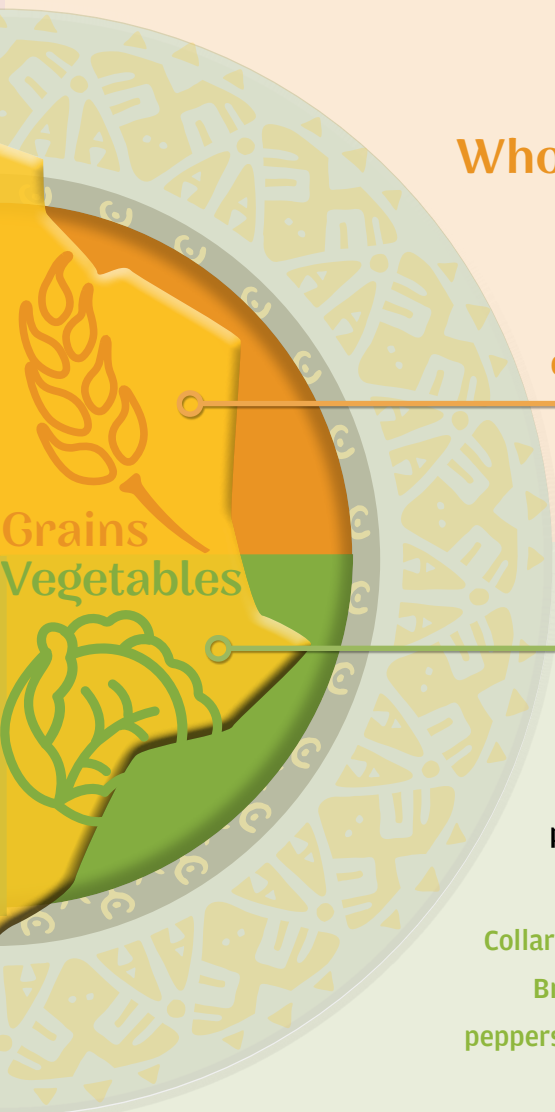
Build your meals around a hearty grain. Grains are rich in fiber, complex carbohydrates, protein, vitamins (such as riboflavin), and minerals (such as potassium).

Oatmeal, brown rice, whole corn/cornmeal, millet, whole-wheat couscous, amaranth, barley, fonio, sorghum, teff, kamut, whole-grain grits, whole-grain pasta, quinoa, whole-grain breads, wild rice

Vegetables

Vegetables are packed with nutrients, including beta-carotene, riboflavin, iron, calcium, and fiber. Dark green leafy vegetables—including collard greens, chard, and kale—are a good source of calcium and iron. Dark yellow and orange vegetables—such as yams, squash, and pumpkin—provide extra beta-carotene. The light colored vegetables—including onion, carrots, and ginger—are not only nutritious, but add flavor to your meal.

Collard greens, curly kale, lacinato kale, spinach, turnip greens, mustard greens, Brussels sprouts, cabbage, carrots, cucumbers, eggplant, green beans, okra, peppers, radishes, squash, tomatoes, zucchini, watercress, chard, potatoes, sweet potatoes, yams, yuca, cassava, asparagus, pumpkin





Your Healthy Heritage

The ancestors of Black people/African Americans brought many wonderful food traditions to parts of the Caribbean, South America, and the southern United States. Over the generations, many of these food traditions have been lost with the influences of Western dietary habits.

Breaking the Cycle

African Americans experience disproportionately higher rates of diabetes, heart disease, high blood pressure, obesity, and cancer compared to white people and other groups. African Americans are also more likely to experience complications and death from those chronic diseases. We can work to break the cycle by changing the way we eat!

Ditch the Dairy

It is estimated that up to 80 percent of African Americans are lactose intolerant,¹ which can cause diarrhea, nausea, vomiting, abdominal cramps, bloating, and/or gas due to inability to digest the milk sugars. Dairy products are the top source of saturated fat in the American diet, contributing to heart disease, type 2 diabetes, and Alzheimer's disease. Luckily, the nutrients found in milk (like calcium and vitamin D) can be found in the plant-based foods throughout the African Heritage Power Plate.

Note that red and processed meats may also pose health risks. Eating just one hot dog or a few strips of bacon per day increases cancer risk by 18 percent.²

Feeling Empowered

You can use the foods of this plate, flavored with familiar herbs and spices, to create delicious, healthful, and familiar foods. Cooking can connect us with each other and also to our roots, health, and creativity. Many people of African descent are embracing a plant-based diet from their own background and in their own unique way. Feel empowered to take control over your food choices for a healthier you!

Make Every Meal an African Heritage Power Plate Meal



Hoppin' John Salad

Makes 8 servings

INGREDIENTS

For the dressing:

- 3 tablespoons white distilled vinegar
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon salt

For the salad:

- 1/2 bunch kale, chopped, with tough stems removed
- 2 (15-ounce) cans of no- or low-sodium black-eyed peas, rinsed
- 2 cups quinoa or amaranth, cooked
- 1 medium onion, chopped
- 1 orange bell pepper, chopped
- 1 yellow bell pepper, chopped

INSTRUCTIONS

Whisk together the vinegar, paprika, garlic, black pepper, and salt in a small bowl.

Combine the kale, black-eyed peas, quinoa, onion, bell peppers, and dressing in a bowl. Refrigerate to chill before serving.

Per serving: Calories: 123; Fat: 1.3 g; Carbohydrate: 22.5 g; Protein: 6.1 g; Fat: 9.5%; Beta-Carotene: 505 mcg; Calcium: 36 mg; Sodium: 396 mg; Potassium: 325 mg

Source: Recipes inspired by and adapted from OldwaysPT.org.



Sweet Potato Pumpkin Seed Casserole

Makes 10 servings

INGREDIENTS

- 3 pounds sweet potatoes
- 1 tablespoon maple syrup
- 3 tablespoons orange juice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground allspice
- 1/2 teaspoon orange zest
- 1/3 cup chopped unsweetened apricots
- 1/4 cup chopped pumpkin seeds, raw or roasted
- 3 tablespoons thinly sliced green onions (green and/or white parts)

INSTRUCTIONS

Preheat the oven to 400 F. Pierce the potatoes several times with a fork and bake in a baking dish for 50 to 60 minutes, until the potatoes are tender to the touch.

Remove the potatoes from the oven and let them cool for 10 minutes. Scoop the flesh from the sweet potatoes into a mixing bowl, discarding the peels. Gently mash with a potato masher until smooth yet slightly lumpy.

Add the syrup, orange juice, cinnamon, ginger, allspice, orange zest, and apricots to the sweet potatoes and stir. Transfer the mixture into a casserole dish or 9-by-13-inch baking dish and sprinkle with the pumpkin seeds. Bake for about 20 minutes, until the seeds are golden. Remove the dish from the oven and sprinkle with the sliced green onions. Serve immediately.

Per serving: Calories: 145; Fat: 1.6 g; Carbohydrate: 30.6 g; Protein: 3.2 g; Fat: 9%; Cholesterol: 0 mg; Fiber: 4.5 g; Beta-Carotene: 11,664 mcg; Calcium: 49 mg; Sodium: 76 mg; Potassium: 518 mg

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Jollof Rice and Beans

Makes 8 servings

INGREDIENTS

1 (15-ounce) can low-sodium diced tomatoes, drained (save liquid)
 2 cups liquid (water + juice from can)
 1 cup uncooked brown rice
 1 large onion, chopped
 2-3 garlic cloves, minced
 1 large carrot, chopped
 1/4 head of green cabbage, chopped
 2 tablespoons tomato paste
 1 (15-ounce) can low-sodium red beans, drained and rinsed
 1 teaspoon turmeric
 1 teaspoon thyme
 1/2 teaspoon red pepper flakes
 parsley (optional)

INSTRUCTIONS

Drain liquid from diced tomatoes. Add enough water to equal 2 cups of liquid total. Put in pot with the brown rice and cook until rice is done.

Saute onions and garlic in water or veggie broth until onion is soft and pale. Add carrots, cabbage, tomato paste, tomatoes, black-eyed peas, and spices. Simmer with the lid on until the vegetables are done to your taste.

Combine the rice with the veggies and beans or serve the rice with everything else on top. Garnish with a little parsley (optional). Serve with your favorite roasted vegetable and collard greens!

Per serving: Calories: 174; Fat: 1.4 g; Carbohydrate: 35.2 g; Protein: 6.4 g; Fat: 6.8%; Cholesterol: 0 mg; Fiber: 5.8 g; Beta-Carotene: 1,129 mcg; Calcium: 68 mg; Sodium: 26 mg; Potassium: 430 mg



Yuca Fries

Makes 8 servings

INGREDIENTS

2 medium yuca roots, peeled
 salt, to taste
 ground black pepper, to taste
 dried or fresh thyme, to taste

INSTRUCTIONS

Preheat the oven to 375 F.

Peel the waxy brown skin from the yuca roots and chop each one in half, widthwise at the middle, to make 4 pieces.

Place yuca in a medium pot or saucepan, cover with water, and bring to a boil with a pinch of salt. Cook the yuca until you can pierce it with a fork (about 20-25 minutes).

When cooked, drain the water and place the yuca on a paper towel.

When cool enough, pat the yuca dry and chop the pieces into “french fry” sticks. Place the fries on a baking sheet with parchment or light cooking spray. Season with sea salt, pepper, and thyme to taste. Use as much thyme as needed to dust each fry.

Bake the fries in the oven for 20 minutes, until golden, turning once.

Per serving: Calories: 161; Fat: 0.3 g; Carbohydrate: 38 g; Protein: 1.4 g; Fat: 1.5%; Cholesterol: 0 mg; Fiber: 1.8 g; Beta-Carotene: 7 mcg; Calcium: 15 mg; Sodium: 14 mg; Potassium: 245 mg



African Heritage Spicy Chickpeas

Makes 8 servings

INGREDIENTS

1 medium yellow onion
 1 teaspoon ginger
 1/4 teaspoon allspice
 1 pinch cayenne pepper
 1 teaspoon curry powder
 1 (15-ounce) can diced tomatoes, no salt added
 2 (15-ounce) cans chickpeas, no salt added, or thoroughly rinsed and drained salt (optional)

INSTRUCTIONS

In a deep pan, shallow pot, or Dutch oven, saute the onion in water on medium heat. Let it simmer in its juices, stirring just a couple of times, until it is translucent (about 4 minutes).

Add the ginger, allspice, cayenne pepper, and curry powder to the onions, stirring for about 2 minutes, until the spices are incorporated and fragrant.

Add the diced tomatoes, with their liquid, and cook for another 2 minutes.

Add the two cans of chickpeas and toss to cover. Let them simmer on medium-low for 7-10 minutes, stirring occasionally.

Add a pinch of salt to taste, if desired.

Per serving: Calories: 221; Fat: 4.2 g; Carbohydrate: 37.6 g; Protein: 10.4 g; Fat: 15.8%; Cholesterol: 0 mg; Fiber: 11.5 g; Beta-Carotene: 314 mcg; Calcium: 107 mg; Sodium: 22 mg; Potassium: 429 mg

Source: Recipes inspired by and adapted from OldwaysPT.org.



Jerk Lentils

Makes 6 servings

INGREDIENTS

- 1 red onion
- 1/2-inch cube of ginger, minced
- 3 sprigs of thyme
- 2 spring onions, sliced
- 4 cloves of garlic, minced
- 1 tablespoon maple syrup
- 1 1/2 tablespoons jerk seasoning
- 2 cups chopped tomatoes
- 2 1/2 cups low-sodium vegetable stock
- 1 3/4 cups dried green lentils
- salt and black pepper, to taste

INSTRUCTIONS

Saute red onions, spring onions, ginger, and garlic in water. Add jerk seasoning. Once soft, add lentils, tomatoes, and vegetable stock.

Add salt, pepper, and maple syrup. Bring to a boil. Cook until lentils are desired texture.

Per serving: Calories: 228; Fat: 1 g; Carbohydrate: 42 g; Protein: 16 g; Fat: 3.5%; Cholesterol: 0 mg; Fiber: 11 g; Beta-Carotene: 532 mcg; Calcium: 68 mg; Sodium: 66 mg; Potassium: 841 mg

Source: Recipe inspired by and adapted from RachelAma.com.

Mango and Papaya After-Chop

Makes 1 serving

INGREDIENTS

- 1/2 papaya or 1 peach, chopped into cubes
- 1 mango, skin peeled and chopped into cubes
- 1 tablespoon coconut milk
- 1/2 teaspoon maple syrup
- 1 tablespoon chopped peanuts

INSTRUCTIONS

Cut open the papaya. Scoop out the black seeds in the center. Slice the skin with a serrated knife. Slice lengthwise into quarters and chop into bite-size cubes.

Peel the mango with your knife or a peeler. Slice the fruit from the pit and chop the mango chunks into bite-size cubes.

Place the fruit in a bowl. Drizzle the coconut milk, maple syrup, and peanuts over the fruit. Stir to coat.

Per serving: Calories: 88; Fat: 2.2 g; Carbohydrate: 17.8 g; Protein: 1.5 g; Fat: 21%; Cholesterol: 0 mg; Fiber: 2.2 g; Beta-Carotene: 762 mcg; Calcium: 20 mg; Sodium: 5 mg; Potassium: 235 mg

Source: Recipe inspired by and adapted from OldwaysPT.org.

Cornbread

Makes 10 servings

INGREDIENTS

- 1 cup yellow corn grits or cornmeal
- 1 cup whole-wheat flour
- 3 teaspoons baking powder
- 1 teaspoon sea salt
- 6 teaspoons sugar
- 1 cup soy milk
- 1/4 cup unsweetened applesauce

INSTRUCTIONS

Preheat the oven to 400 F.

In a medium bowl, mix dry ingredients.

In a separate bowl, combine soy milk and applesauce.

Pour wet mixture into dry ingredients and stir. Do not overmix.

Pour into an 8-by-8-inch square baking dish that is nonstick or lined with parchment paper. Bake for 20 minutes.

Per serving: Calories: 145; Fat: 1.6 g; Carbohydrate: 30.6 g; Protein: 3.2 g; Fat: 9%; Cholesterol: 0 mg; Fiber: 4.5 g; Beta-Carotene: 11,664 mcg; Calcium: 49 mg; Sodium: 76 mg; Potassium: 518 mg



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Fruit is great to snack on during the day or to have before or after a meal!

Be sure to have a reliable source of vitamin B12 such as fortified foods, a vitamin B12 supplement, or a multivitamin.

The content of the African Heritage Power Plate was developed in partnership with Oldways and with the following contributors:



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1. National Institutes of Health, DHHS. Lactose intolerance: information for health care providers. Accessed November 1, 2019.
2. Chan DSM, Lau R, Aune D, et al. Red and processed meat and colorectal cancer incidence: meta-analysis of prospective studies. *PLoS One*. 2011;6:e20456.