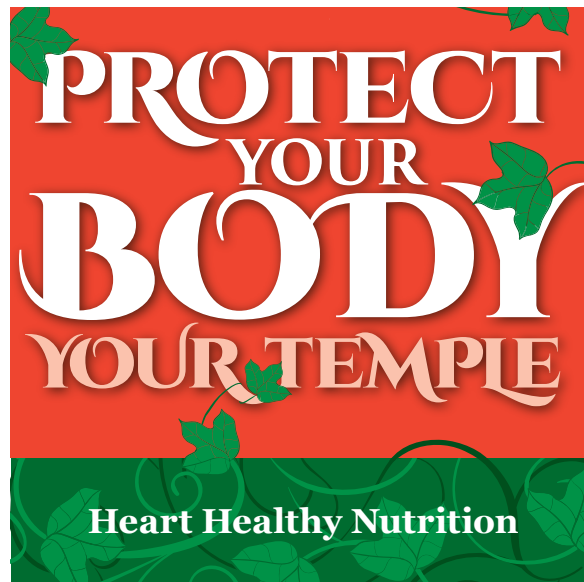


A poor diet can have bad effects on diabetes, high blood pressure and high cholesterol in African-Americans.

**What can you do?**

- Eat more fruits and vegetables.
- Choose meat with less fat.
- Buy foods low in fat, salt and cholesterol.
- Have sugar-free drinks.
- Eat less.
- Choose less fried foods.

For more information on healthy eating, check out the website [www.choosemyplate.gov](http://www.choosemyplate.gov).

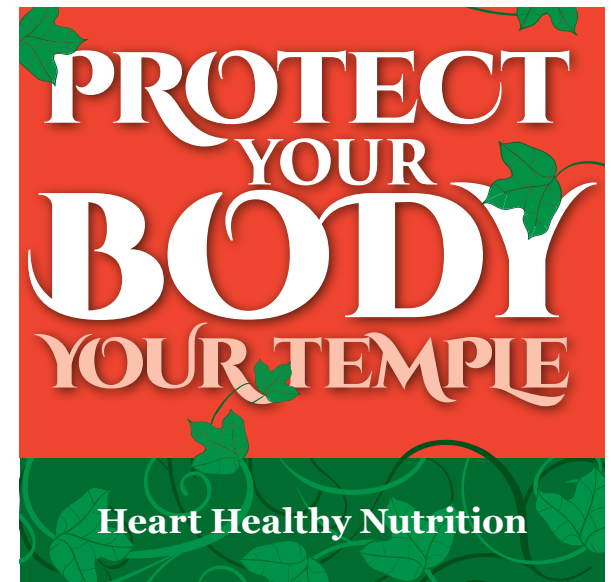


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