

SOUL FOOD FOR THE 21ST CENTURY

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Fueled by federal subsidies, the agricultural system in the United States became industrialized as the nutritional value of most processed foods, and not just those implicated in a traditional perception of soul food, have degraded. Cuisine of the United States.

With changing fashions and perceptions of "healthy" eating, some cooks may have forgotten the seat of the soul. Cuisine of the Thirteen Colonies Thanksgiving dinner. Learn more about Amazon Prime. This article may lend undue weight to certain ideas, incidents, or controversies of the Thirteen Colonies Thanksgiving dinner. In light of this, soul food has been implicated by some in the disproportionately high rates of high blood pressure hypertension type 2 diabetes clogged arteries atherosclerosis stroke and heart attack suffered by African-Americans.