

## Mayo Clinic Minute

### Why a Southern diet is linked to high blood pressure

Into: **Video**

**Audio**

	Fried chicken, macaroni and cheese, and sweet tea: ...
Ivan Porter II, M.D. Nephrology Mayo Clinic	"... Those tend to play a larger role in the Southern diet, and we know that those are associated with high blood pressure."
	That's because Southern cooking tends to be high in saturated fats, salts and loaded with added sugar – all risk factors for hypertension.
	And a major risk factor for heart disease, stroke, vision problems and kidney disease – a huge problem in the African-American community, says Dr. Ivan Porter II, a Mayo Clinic nephrologist.
	"Forty-one percent of African-Americans can have high blood pressure, compared with 27 percent of their white counterparts or Caucasians."
	Dr. Porter says it is time to change that.
	"If you can change the way that you approach your diet, you can certainly change the impact that high blood pressure can have on your health."
	But it doesn't mean fried chicken is completely off the menu.
	"Everything must be in moderation."
	Dr. Porter tells his patients to start change by eliminating one high risk food at a time.
	"Look at the calories that they're getting from sugar-sweetened beverages and try to eliminate that as a start."
	For the Mayo Clinic News Network, I'm Ian Roth.