

Slave Diet and the Implications for our Health

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THE NURTURING WAY
EMPOWER, RESTORE, NOURISH

Our Ancestors In Africa





Survival Strategies and Habits Inherited From the Plantation



Boudin: A
Caribbean Dish
Inherited From
Slavery

A white plate filled with a variety of African and Caribbean dishes. On the left, there is a serving of brown rice mixed with dark beans. In the center, there are sliced plantains and shredded carrots. On the right, there are several pieces of fried fish with a dark, crispy coating. The text "Good Old African and Caribbean Food!" is overlaid in white on the center of the plate.

Good Old African and Caribbean Food!



Can You Identify
What is on This
Plate?

Many of us need Dietary Emancipation.



Plantation
Food
“Pig Intestines”

A top-down view of various fast-food items arranged on a light-colored wooden surface. In the center, a large burger with lettuce, cheese, and a sesame seed bun sits on a wooden cutting board. To its right is a slice of pizza with pepperoni and another slice with a different topping. Below the burger are several golden-brown french fries, some of which are in a small white bowl with red ketchup. To the left of the burger is a bowl of potato chips and another bowl of almonds. In the top right corner, there are two chocolate-glazed donuts with sprinkles. To the right of the donuts is a bowl of popcorn. In the bottom right corner, there is another burger bun. The text "Fast Food Chemicals Contribute to Our Current State of Health" is overlaid in the center of the image.

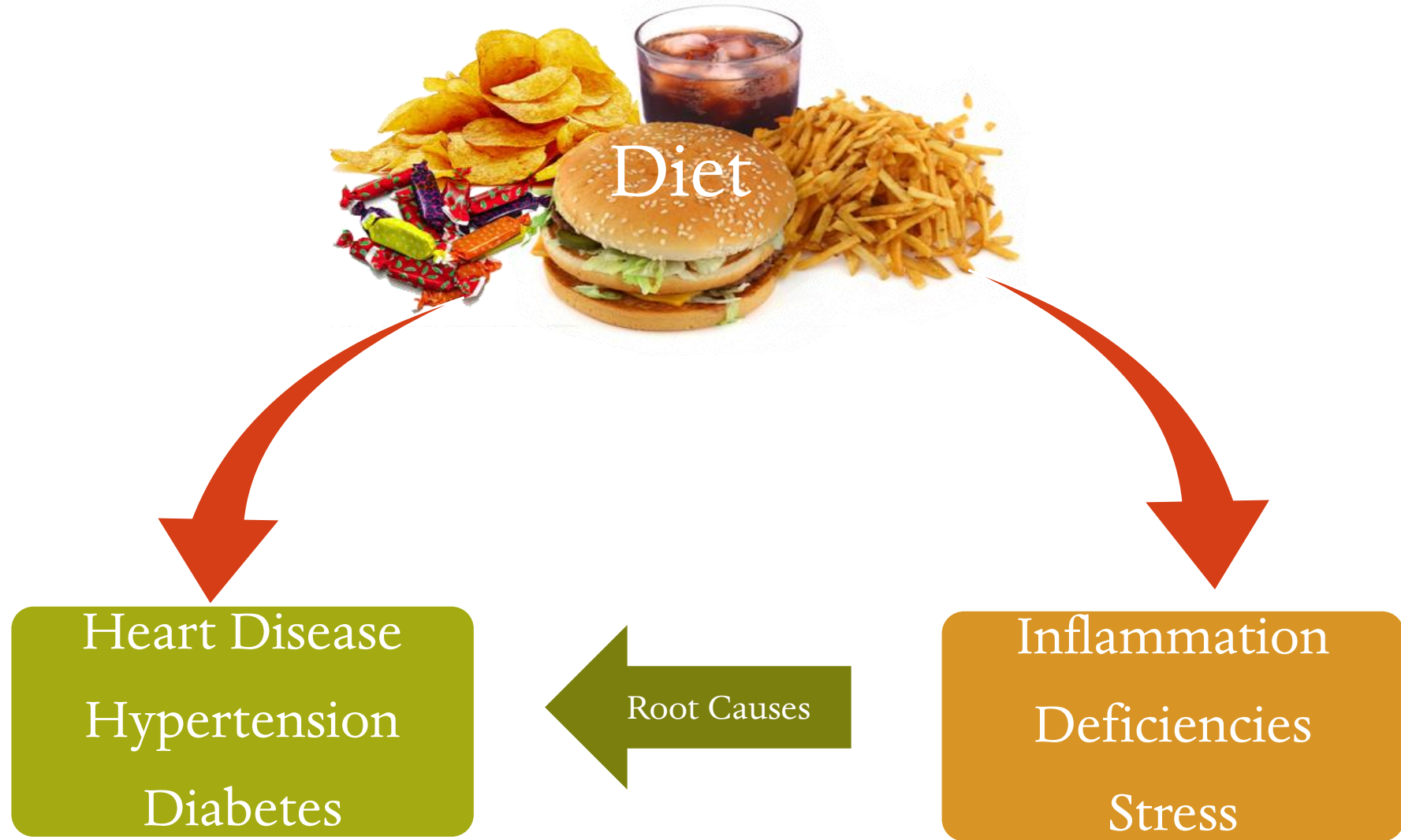
Fast Food Chemicals Contribute to Our Current State of Health

Chronic Health Conditions and The Slave Diet

Chronic Health Conditions Linked to Diet and Lifestyle

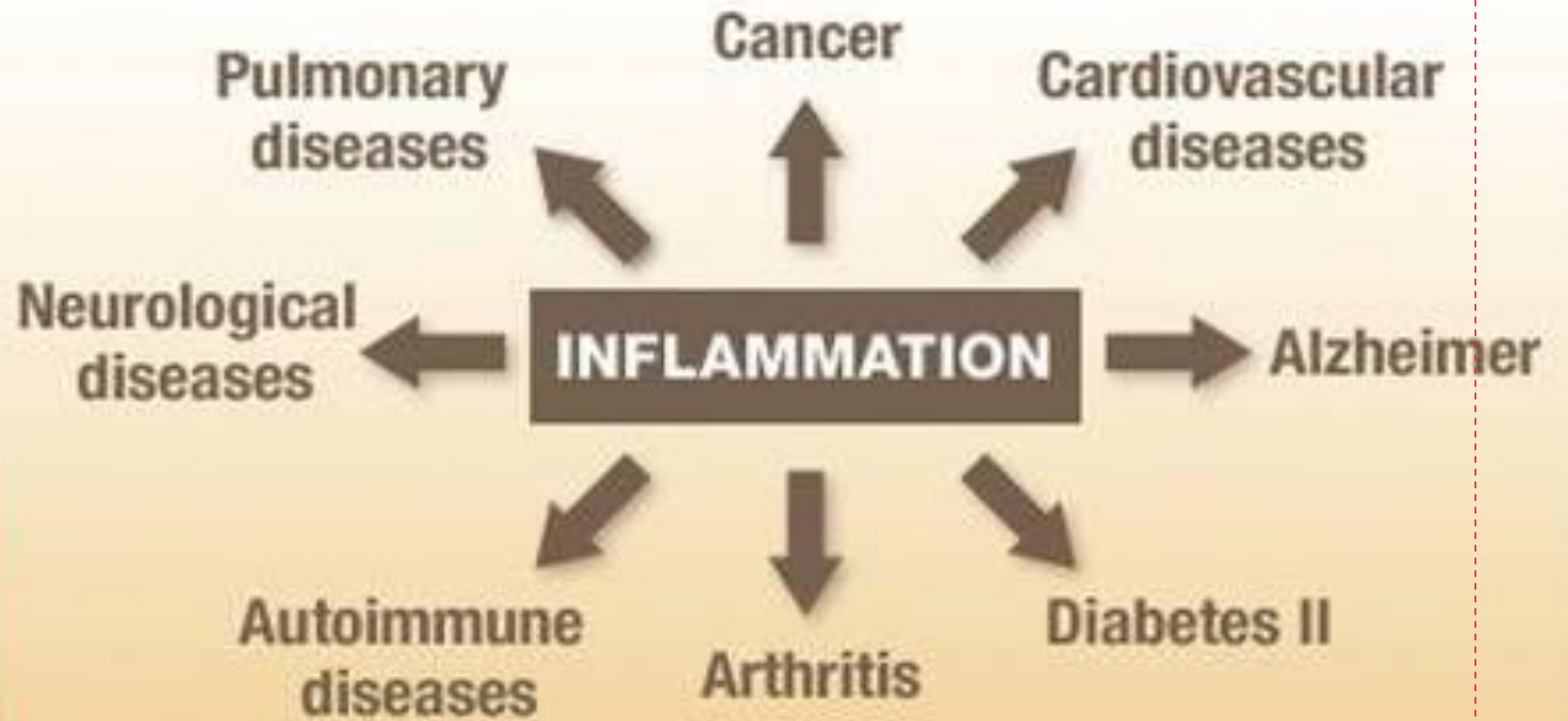
- 1 Heart Disease
 - 2 Hypertension
 - 3 Diabetes
- 

The Link Between Diet and Chronic Conditions

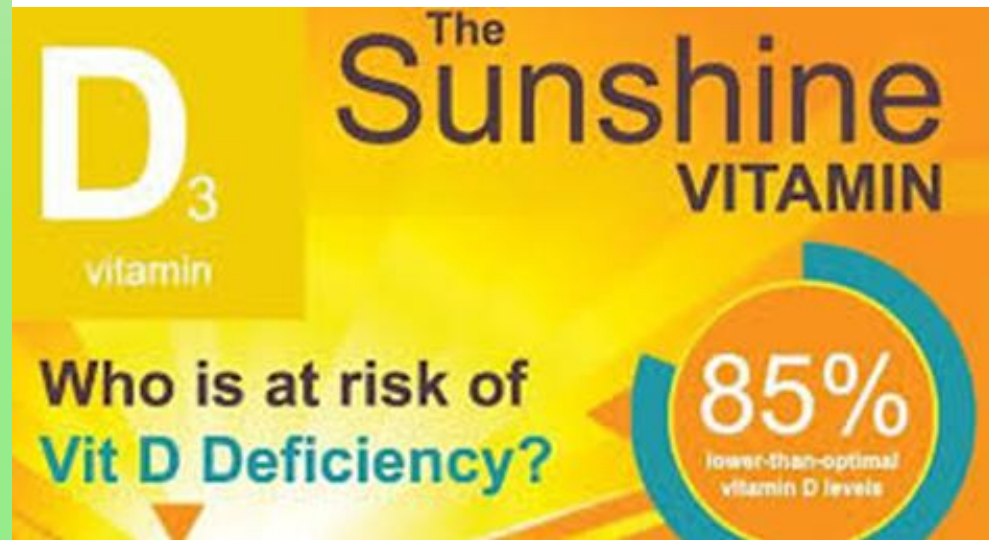


Deficiencies

Stress



Iron Deficiency is #1
throughout the world



Are African people really at risk of Vitamin D Deficiency?

Beverages and Foods that Stress the Body



How much caffeine and sugar is in your drink?



Note: A single Starbucks espresso has 75mg of caffeine

Source: Red Bull, Coca-Cola, Starbucks

BBC

Foods That Contribute to Inflammation, Deficiencies and Stress

- ♦ Processed foods (white sugar, brown sugar, white bread, white rice, etc..)
- ♦ Excessive amounts of starchy foods
- ♦ Fried foods
- ♦ GMO Foods
- ♦ Excessive amounts of [acidic foods](#)
- ♦ Overcooked Foods



A black signpost with three directional signs. The top sign is white with a black border and points left, containing the text 'THIS WAY'. The middle sign is grey with a black border and points right, containing the text 'THAT WAY'. The bottom sign is white with a black border and points left, containing the text 'ANOTHER WAY'. The signpost is set against a blue sky with white clouds.

THIS WAY

THAT WAY

ANOTHER WAY



Foods That Positively Impact Our Health

- Alkaline Foods
- Whole foods
- Seasonal Foods
- Fiber Rich Foods
- Nutrient Dense Foods
- Carbohydrates, Fats and Proteins
- Fermented Foods
- Unsaturated Fats
- Plant based proteins and lean animal proteins



The Nurturing Way's
Approach to Healthy
Living



Eat Alkaline Foods

Proper Food Combining

Raw, Bake, Broil, Sauté or
Steam

Reduce Sodium and Eat
Healthy Fats

Exercise and Stay Hydrated



Follow the Flow of Nature

Avoid Emotional Eating

Intermittent Fast

Portion Control - 9-inch Plate



Cleanse

Affirmations and Prayer

Meditate, Spend Time in
Nature



*Putting it All
Together
Breakfast Idea
Green Smoothie*

*Putting it All
Together
Breakfast Idea
Oat Porridge*



A close-up photograph of a baked wild salmon fillet resting on a bed of fresh greens, including arugula, cherry tomatoes, and sliced red onions. The salmon is golden-brown and seasoned with black pepper. The dish is served on a light green ceramic plate with a darker green rim, set against a dark, textured background.

*Putting it All
Together
Lunch Idea*

Baked Wild Salmon on a bed of
greens with tomatoes



*Putting it All
Together
Dinner Idea*

Chickpea Curry with Callaloo and
mixed vegetables

Summary

The Slave Diet of our ancestors combined with processed foods are major contributing factors to our current state of health

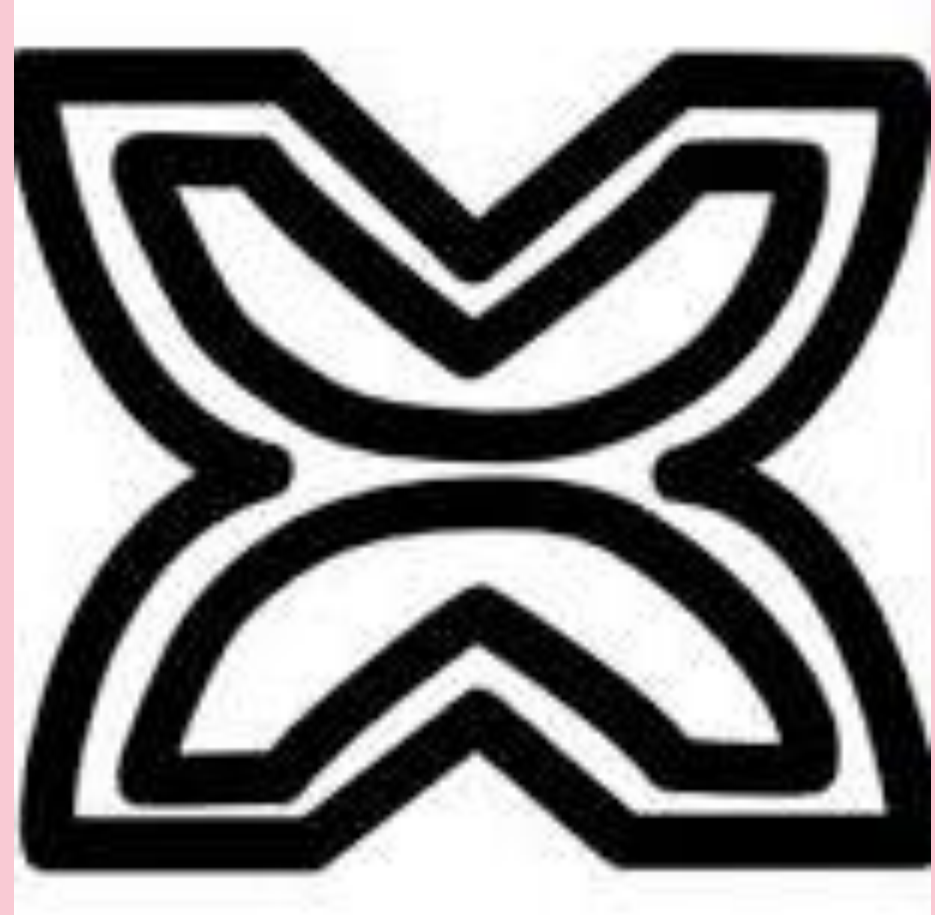
This type of diet can lead to inflammation, deficiencies and toxicity, which are the underlying causes of many health conditions

We have the power to improve our health by incorporating this nutritional approach that nourish the body, mind and spirit

Balance is the Key to Life



**This is a Call To
Action!
What Change Can
You Make Today?**



Fawodhodie – Freedom, Independence, Emancipation
Akan Symbol

THE NURTURING WAY



Creating Optimal Health With Nutrition and Other Holistic Modalities



WATER

6-8 glasses
per day

FATS & OILS

Use fats for light
cooking, 1-2
tablespoons of
unrefined seed
oil a per day.

Proper Food Combining Chart



Note: Fruits should never follow or be eaten with protein, starch or vegetables!
*These substances not recommended but included for clarity





Consume at least 7 Servings of
Fruits and/or Vegetables a Day !

Acidic Foods



Pastries



Red meat



**Artificial
Sweeteners**



Beef



Milk



Crackers



Peanuts



**Corn
Tortillas**



Doughnuts



**Processed
meats**



**Tuna
(Canned)**



Hard liquor



Corn oil



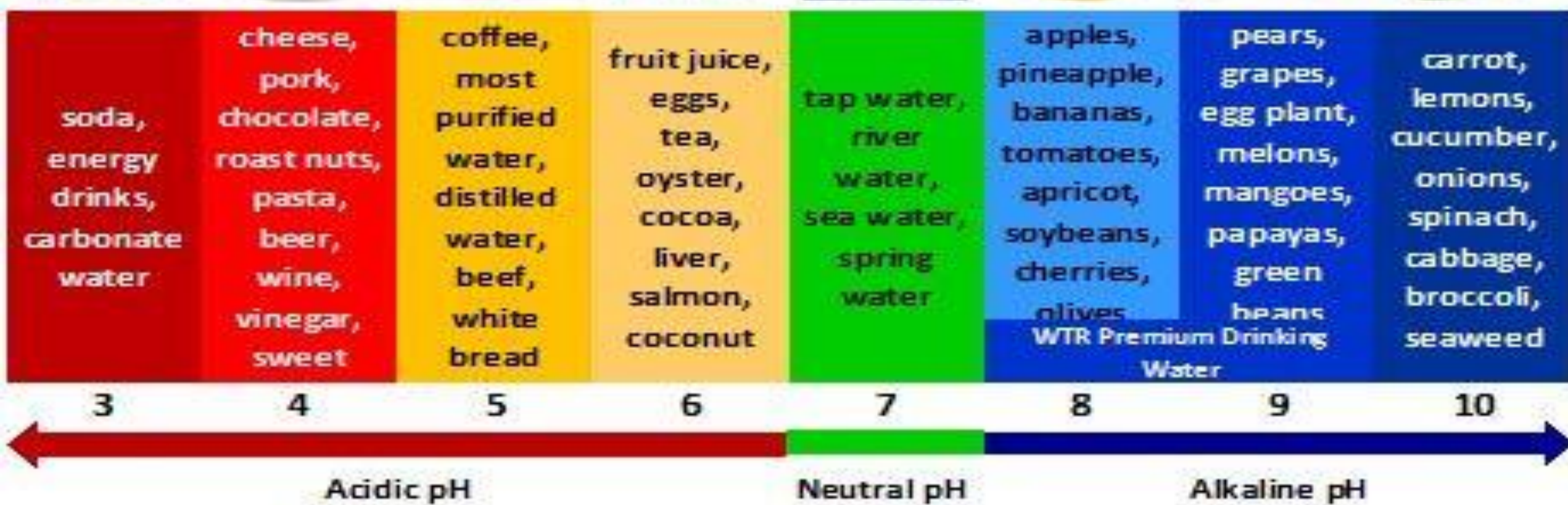
Ketchup



Canola oil



Ice cream



Plc.5 pH In Foods and Drinks

Types of Cleanse to Support Health



Daily



Weekly



Seasonally

Cleanse