# The Motherland Diet

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Although they’re at higher risk for infectious diseases such as HIV, tuberculosis and malaria, Africans are at lower risk for prostate, breast and colon cancer and high blood pressure than their African-American counterparts. Experts point to diet: According to a British study, Africans eat up to 70 grams of fiber a day—five times the intake in regions like the U.S. Traditional African diets are loaded with cancer-fighting fiber in legumes and veggies, like cassava leaves, peas and cabbage, and low in fatty meat and dairy. So if you want to benefit, enjoy more beans, whole grains, fruits and vegetables.

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