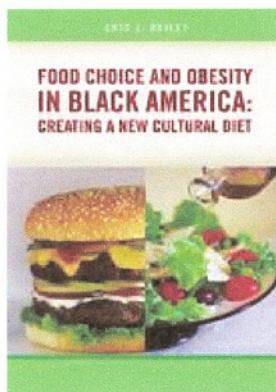




Food Choice and Obesity in Black America: An Anthropologist Offers a New Cultural Diet

Bailey, Eric J.



Providing a cultural and holistic analysis of African American food preferences, anthropologist Eric Bailey shows us how Black Americans generally perceive health, body image, food, dieting, physical fitness, and exercise. Like the majority of Americans overall, Black Americans are becoming more overweight and obese than ever before. So, too, they are seeing the consequences - heart attacks, strokes, hypertension, and Type II diabetes at earlier and earlier ages. Bailey offers a new "cultural" diet for Black Americans and a way to work together collectively to not only understand this critical health issue but also to establish a lifestyle strategy that will be both effective and manageable.

DOI: [10.1336/0865693307](https://doi.org/10.1336/0865693307)

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Hardback, \$39.95

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ISBN: 0-865-69330-7

DOI: [10.1336/0865693307](https://doi.org/10.1336/0865693307)