Sixty-seven percent of African-American women are obese.

Compared to other races, African-American women are twice as likely to suffer from obesity and obesity related diseases such as stokes, diabetes, hypertension, and high blood pressure.

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Eat: crispy oven-baked chicken
161 calories per serving

Not: deep-fried chicken
431 calories per serving

Makes 4 servings

2 garlic cloves, smashed
1/4 teaspoon dried thyme
1 bay leaf
2 teaspoon salt
1/4 teaspoon red pepper flakes
1/2 cup nonfat buttermilk
1 pound of chicken
1 1/2 cups cornflakes, crushed to crumbs
Non-stick cooking spray

1. Preheat the oven to 400 degrees. Line a baking sheet with aluminum foil and spray lightly with cooking spray. Set aside.
2. For the chicken: In a medium bowl, combine the garlic, spices and buttermilk. Add the chicken and turn in the marinade. Cover and refrigerate 1 hour.
3. Place the cornflake crumbs on a plate. Drain the chicken. Pick up a piece of chicken with one hand, and turn it in the cornflake coating, using the other hand to gently press additional coating onto the sides. Place on the prepared baking sheet. Continue on in this way to coat all of the chicken, arranging it on the baking sheet in a single layer. Bake at 400 degrees until firm, about 15 minutes.

Eat: broiled macaroni and cheese
517 calories per serving

Not: baked macaroni and cheese
1020 calories per serving

Makes 4 servings

1/4 teaspoon salt
Pinch of pepper
1 1/2 tablespoons unsalted butter
2 tablespoons all-purpose flour
1 1/2 cup skim milk, microwaved for 1 minute
Pinch of freshly grated nutmeg
1/4 cup whole-wheat bread crumbs
1/4 cup of fresh strawberries diced
1 medium peach peeled diced
2/3 cup low-fat vanilla yogurt
Squeeze of lime juice

Preheat the broiler and bring a large saucepan of salted water to a boil and cook pasta according to package directions.

While the pasta is cooking, melt the butter in a large saucepan over medium heat. Add the flour and cook, whisking constantly until golden, about 2 minutes. Continue whisking and add the milk in a slow, steady stream. Bring the mixture to a steady simmer, whisking constantly, and whisk until thickened, about 2 minutes.

Drain the pasta in a colander. Remove the sauce from the heat, add the cheese, and stir until the cheese melts. Immediately add the hot, drained pasta and stir until well-coated. Stir in salt, pepper and nutmeg.

Divide the macaroni and cheese among four 6-ounce ovenproof ramekins and sprinkle 1 tablespoon bread crumbs over each. Broil until crumbs are golden and crisp, 1 to 2 minutes, taking care not to let the top burn. Serve immediately.

Eat: strawberry peach yogurt
180 calories per serving

Not: peach cobbler and ice cream
483 calories per serving

Makes 1 serving

1 1/4 cup of fresh strawberries
1 medium peach peeled diced
2/3 cup low-fat vanilla yogurt
Squeeze of lime juice

1. In a large bowl stir in strawberries and peaches with the vanilla yogurt.
2. Blend all ingredients in blender until smooth
3. Layer fruits and yogurt in a cup.