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served in traditional soul-food dishes), sweet potatoes can stabi-lize blood sugar levels and lower insulin resistance. So, whether soul food is bad for you depends on how it is con-sumed. As part of a varied and generally balanced diet, taken in modest portions, soul food is not a cause of health problems.

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Soul Food Stories 1h 10min | Documentary , Comedy , Drama | 30 April 2014 (USA) A plate of food loaded with friendship, identity and common past.

### **Soul Food Stories (2013) - IMDb**

Carla Hall wants readers to celebrate the difference between southern food and soul food with her new cookbook. Home cook Timothy Pakron is southern and vegan? James Beard Award-winner Michael Solomonov and Steven Cook have brought back soulful recipes and stories from their trips to Israel.

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