

Menu Planning for Title VI Nutrition Programs

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Session Overview

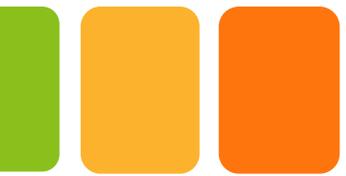
- Introductory Questions
- Older Americans Act Nutrition Program
- Menu Planning
- Food Production & Service
- Traditional Foods
- Resources





Questions

- Why do we care about menus? Why not just serve anything cheap?
- Who plans your menus...does a dietitian approve?
- How do you produce your meals?
- How do you know participants like the meal?
- Can you make meals taste better? Are the salt shakers on the table?
- Does your tribe use traditional foods in your meals?
- Do you receive Title III funds or coordinate with Title III?
- Do menu costs influence what you serve?



Older Americans Act Nutrition Program



Nutrition: An Integral Part of Health

Necessity:

- Need adequate nutrition to:
 - Maintain physical & mental functioning
 - Promote health & functionality
 - Reduce risk of chronic disease
 - Help treat & manage chronic disease
 - Remain home in the community

Purposes of Older Americans

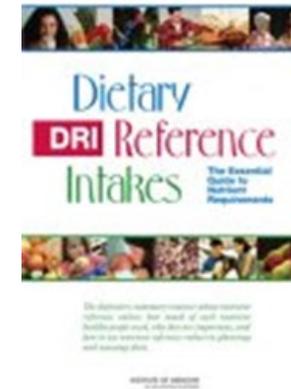
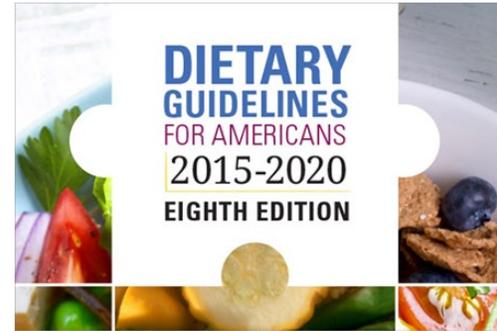
Act Nutrition Program Sections 330, 601

- Reduce hunger & food insecurity
- Promote socialization
- Promote health and well-being
- Delay adverse health conditions

Older Americans Act Nutrition Requirements

Sections 339, 601, 602, 614

- Meals are to meet:
 - 2015-2020 Dietary Guidelines for Americans
 - Dietary Reference Intakes
 - Food Safety Code
 - Appealing to program participants
 - If practical, meet special dietary needs



Food Code

U.S. Public Health Service

FDA U.S. FOOD & DRUG ADMINISTRATION

2017

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service • Food and Drug Administration
College Park, MD 20740



Title VI Requirements

- Nutrition services comparable to Title III (Section 601)
- “...provided in a manner that preserves and restores their respective dignity, self-respect, and cultural identities” (Section 602)
- Nutrition services provided to be “substantially in compliance with the requirements for Title III” (Section 614)
- The application will “contain assurances that the tribal organization will coordinate services provided under this part with services provided under title III in the same geographical area.” (Section 614)
- “...the Assistant Secretary shall provide maximum flexibility to an applicant that seeks to take into account subsistence needs, local customs, and other characteristics that are appropriate to the unique cultural, regional, and geographic needs of the Indian populations to be served.” (Section 614)



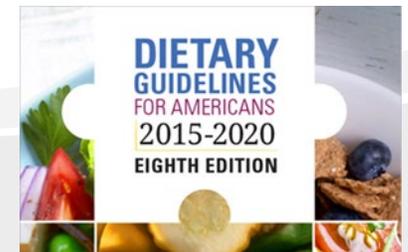
Title VI and Title III Requirements

- If your Tribe receives only Title VI funds, you are required to meet the requirements of Title VI, using the guidelines that are provided in the Title VI Manual on the Administration for Community Living's (ACL) website and reporting and fiscal instructions from the ACL
- If your Tribe receives Title III funds from your State Unit on Aging (SUA), you need to meet the Title VI requirements **PLUS** the programmatic and fiscal reporting and menu requirements of the State

Dietary Guidelines for Americans (DGAs)

2015-2020

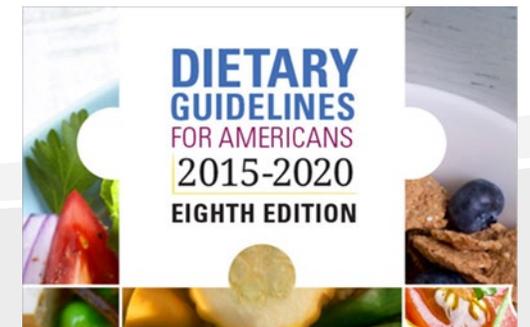
- Published by the Secretaries of Health & Human Services and Department of Agriculture, every 5 years, the DGAs 2015-2020 are evidence-based statements about **how to eat to maintain health and reduce the risk of chronic disease.**
- They are not designed for disease treatment, such as diabetes.
- DGAs form the basis for federal food, nutrition and health programs and policies, including menu planning and nutrition education for the Title VI program.





Key elements of the DGAs

- Follow a healthy eating pattern across the lifespan
- Focus on **food variety, nutrient density, and portions**
- Limit calories from **added sugars** and **saturated fats** and reduce **sodium or salt**
- Shift to **healthier food** and **beverage choices**
- Support healthy eating patterns for all



Dietary Reference Intakes

- Established by the Food and Nutrition Board of the National Academy of Medicine of the National Academy of Sciences and provides reference values for:
 - Vitamins and Minerals
 - Energy, total calories
 - Carbohydrates and Fats
 - Protein
 - Fiber
 - Water, electrolytes
- For older adults
 - Ages 51-70, men & women
 - Age 70+, men & women



Dietary DRI Reference Intakes

The Essential
Guide to
Nutrient
Requirements



The definitive summary resource about nutrient reference values: how much of each nutrient healthy people need, why they are important, and how to use nutrient reference values in planning and assessing diets.

INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES



2017 Food Code Is the Basis for Tribal Food Code

- Adopted by most States, Territories, Tribes, & the military
- Published by the Food & Drug Administration and U.S. Public Health Service of Department of Health & Human Services, <https://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/ucm595139.htm>
- Used by many Indian Health Service sanitarians & Tribal environmental health departments

Food Code

U.S. Public Health Service

 U.S. FOOD & DRUG
ADMINISTRATION

2017

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
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2017 Food Code Recognizes that Older American Act Nutrition Programs Serve People at Risk of Foodborne Disease

- Populations that are “**highly susceptible**” to food borne disease include:
 - Older adults
 - Individuals obtaining food at a facility such as child or adult day care, hospital, **nursing home** or nutritional or socialization services such as a **senior center**

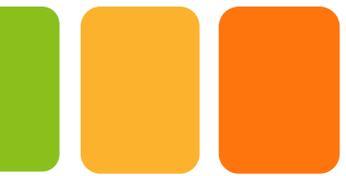
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Menu Planning

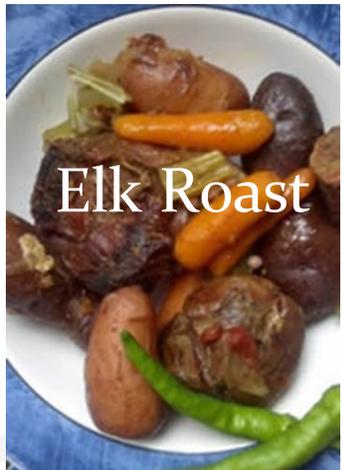


Common Menu Pattern Form, Develop One or Ask for One

Food	Monday	Tuesday	Wednesday	Thursday	Friday
Protein food					
Grain #1					
Grain #2					
Vegetable #1 Starchy					
Vegetable #2 Non-Starchy					
Fruit					
Milk/ Alternate					
Dessert Optional					
Beverage					

How Do We Plan Menus to Meet the Requirements and Still be Appealing? DGA Recommendations

- **Focus on:**
 - Food variety
 - Nutrient density or nutrients/calorie
 - Serving size
- **Limit calories from**
 - Added sugars
 - Saturated or solid fats
 - And reduce salt



What are Food Variety, Nutrient Density?

- **Variety=diverse assortment of food**
- 1 starchy vegetable such as corn or potatoes & 1 non-starchy such as tomatoes and/or peppers or green beans or broccoli or spinach
- Consume different colorful vegetables and fruits
- Consume a variety of lean protein sources such as fish, poultry, game
- Consume a variety of whole grains
- **Nutrient density=food & drink with little added sugars, solid fat, refined starch, but plenty of vitamins & minerals/calorie**
- Orange juice but not orange drink or fruit punch (added sugar)
- Baked, braised, grilled, stewed chicken or fish, not fried (added fat)
- Fresh berries, not blueberry pie (added refined starch, sugar and saturated fat) with ice cream (added sugar, saturated fat)



Portions Today & 20 Years Ago



610 calories (6.9 oz)

+



590 calories

+



220 calories (20 oz)

=

1420 calories

Today



210 calories (2.4 oz)

+



333 calories

+



85 calories (6.5 oz)

=

628 calories

20 Years Ago

**792 calories
more today**

Are Portion Size and Serving Size the Same?

- Portion size=

Amount of food served at an eating occasion



- Serving size=

A serving size is a standard amount of food served like an ounce or cup or the number of crackers, often listed on food labels

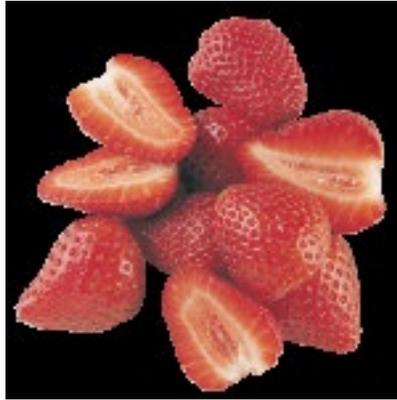
What would be the serving size for the dessert at the left?



Serving Sizes Used in the Title VI Program

Food	Servings	Examples
Protein foods	1 oz/ 3-4 oz/meal	3 oz meat/poultry/fish; 1 egg=1 oz protein; 1 T peanut butter=1 oz protein; or ½ oz nuts/seeds=1 oz protein
Grain	Up to 2/meal	1 slice bread, 1 small piece cornbread, 1 small tortilla, 1 roll, ½ c rice/pasta
Vegetables	2/meal	½ c cooked or raw; 1 c leafy greens; serve 1 starchy, 1 non-starchy
Beans/legumes	1 or more/week	½ c; ¼ c=1 oz meat or may be counted as a vegetable in a ½ serving
Fruit	1	1 small raw; ½ c canned/frozen; ½ c juice, ¼ c dried
Milk/alternate	1	1 c fluid, 1 c yogurt, 1.5 oz natural cheese, 2 oz processed cheese
Nuts/seeds		½ oz
Oils	1	Fat is liquid at room temperature, 1 T such as olive oil on vegetables, 1-2 T salad dressing

Title VI Meal – Are These the Right Serving Sizes?



Traditional Native Recipes www.aihd.ku.edu/recipes/index.html
(American Indian Health & Diet Project)

What are Added Sugars, Saturated Fats & Sodium?

DGAs indicate we are to limit these.

Food Item	Examples
Added sugars	Table sugar, brown sugar, syrup, corn syrup, jam, sweetened drinks like soda, energy drinks, fruit punch, sweet tea, desserts like cookies, cake, pie, ice cream, donuts, candy
Saturated fat	Fats that are solid at room temperature, butter, lard, fat on meat/poultry, many solid (not soft) margarines, coconut oil
Sodium	Salt, table salt, sea salt, found in processed foods such as bread, macaroni & cheese, pizza; canned vegetable and meat products; canned soup; processed meats like ham, sausage, lunch meat; processed dairy like cheese; mixed dishes; desserts; chips, snack foods

Why are these items important?

Which of these Foods Contain **Added Sugars**?



Which of these Foods Contain **Saturated Fats**?



Which Foods are Higher in Salt?



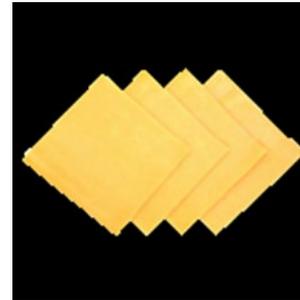
2, 1 oz slices deli ham



½ cup chocolate pudding



2 oz canned tuna



2, 1 oz slices American cheese



2 oz pork chop, baked



½ cup cottage cheese with pineapple

Which Foods are Higher in Salt?



2 1 oz slices deli ham
246 mg sodium



1/2 cup chocolate pudding
made with 2% milk
131 mg sodium



2 oz canned tuna, drained
236 mg sodium



2 1 oz slices American cheese
936 mg sodium



3 oz pork chop, baked
47 mg sodium



1/2 cup cottage cheese
with pineapple
389 mg sodium

Add Potassium to Meals

- Potassium is found in fruits, vegetables, milk, fish, meat
- Potassium helps blunt the adverse effect of sodium on blood pressure
- Consume at least 5 servings of fruits and vegetables a day, preferably 7 (women) to 10 (men)

Chicken, Brown
Rice, Green
Vegetables



Seafood
Stew



Why is it important to emphasize fruits, vegetables and low-fat dairy in Title VI meals?

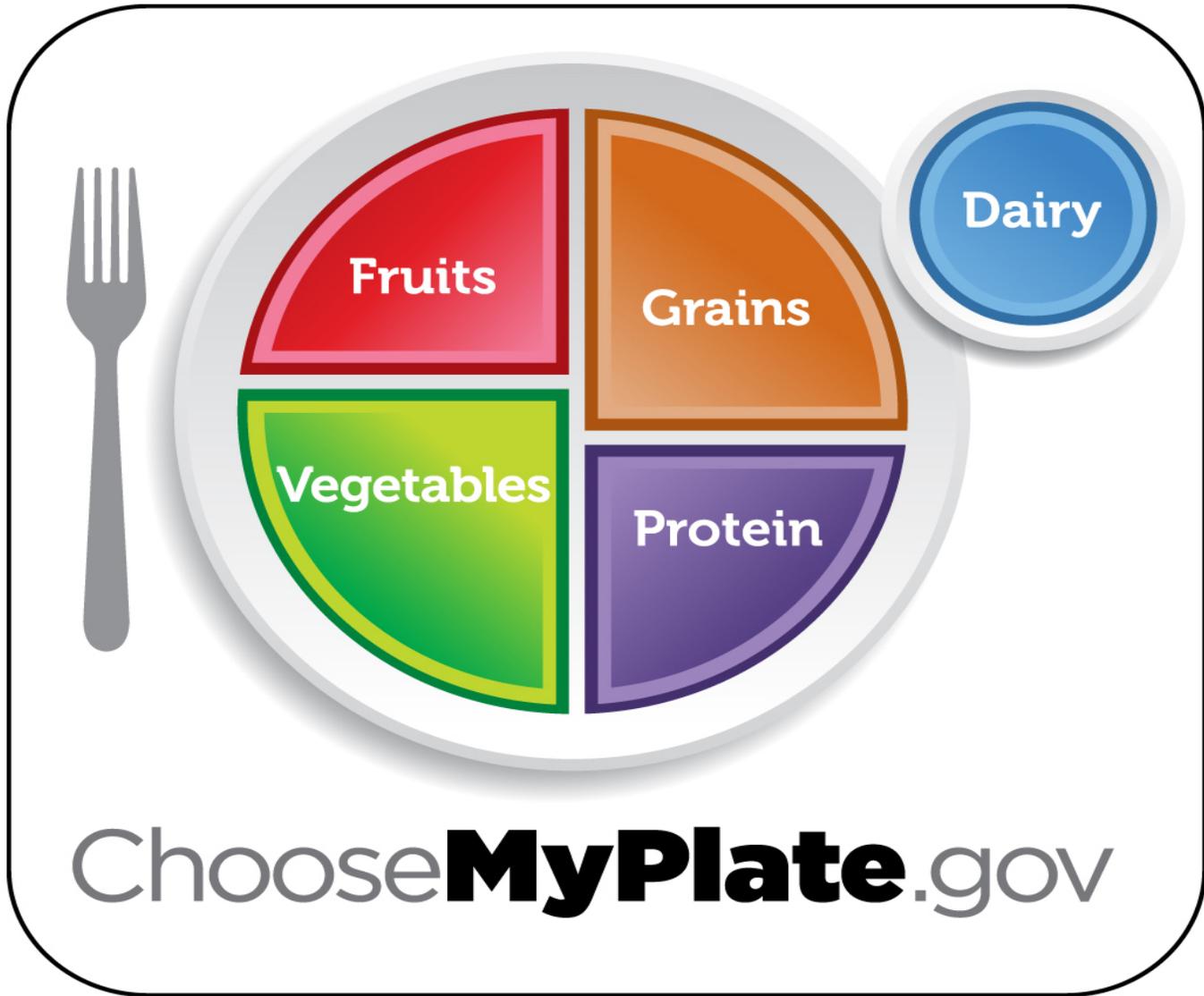
- Nationally, participants in Title VI programs stated that they:
 - 23% had a condition that changed the kind or amount of food they ate
 - 26.3 % ate few fruits/vegetables or milk products
 - 16.3% ate fewer than 2 meals/day
- Higher fruit and vegetable intake is related to:
 - Better weight management (Title VI -43% obese)
 - Better control of high blood pressure (Title VI-56% have high blood pressure)
 - Diabetes (Title VI-39% have diabetes)
 - Lower rates of heart disease and cancer
- Higher consumption of lower fat dairy is related to:
 - Lower rates of osteoporosis (Title VI-10% have osteoporosis)
 - Better management of high blood pressure (Title VI-56%)





Vegetables, Fish, Dairy, Fruit are High In Potassium; Potassium is related to Managing High Blood Pressure and Heart Disease

Include these foods in the menu	Include these foods in the menu
Potatoes, white & sweet	Tuna
Canned lower sodium tomato products, paste, juice	Snapper
Beans, cooked, dried & cooked, refried	Milk, non-fat, evaporated
Yogurt	Banana
Salmon	Dried fruit like prunes, apricots
Orange juice	Trout
Cooked greens	Pork
Acorn squash	Halibut



My Native Plate Indian Health Service

https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/MyNativePlate1_508c.pdf

MY NATIVE PLATE
An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat in a healthy way is EASY!

Remember these 3 steps:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
 - 1/4 plate is fruits
 - 1/4 plate is vegetables
 - 1/4 plate is grains or starch
 - 1/4 plate is meat, fish or poultry
3. Stack food no higher than 1-1 and a half inches.

Pictured Here

- Canned peaches, no syrup
- Baked squash and peppers
- Steamed white and brown rice
- Baked deer meat with garlic
- Low-fat, non-fat, lactose-free or soy milk

Printed Placemats
Large, full-color, printed placemats will be available by fall 2012 at www.diabetes.ihs.gov, click on "Online Catalog." There is no charge for placemats or shipping.

Produced by: Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA My Plate. For more information, go to www.choosemyplate.gov

Remember:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
3. Stack food no higher than 1-1 and a half inches.

Fruits

Grains/ Starch

Dairy

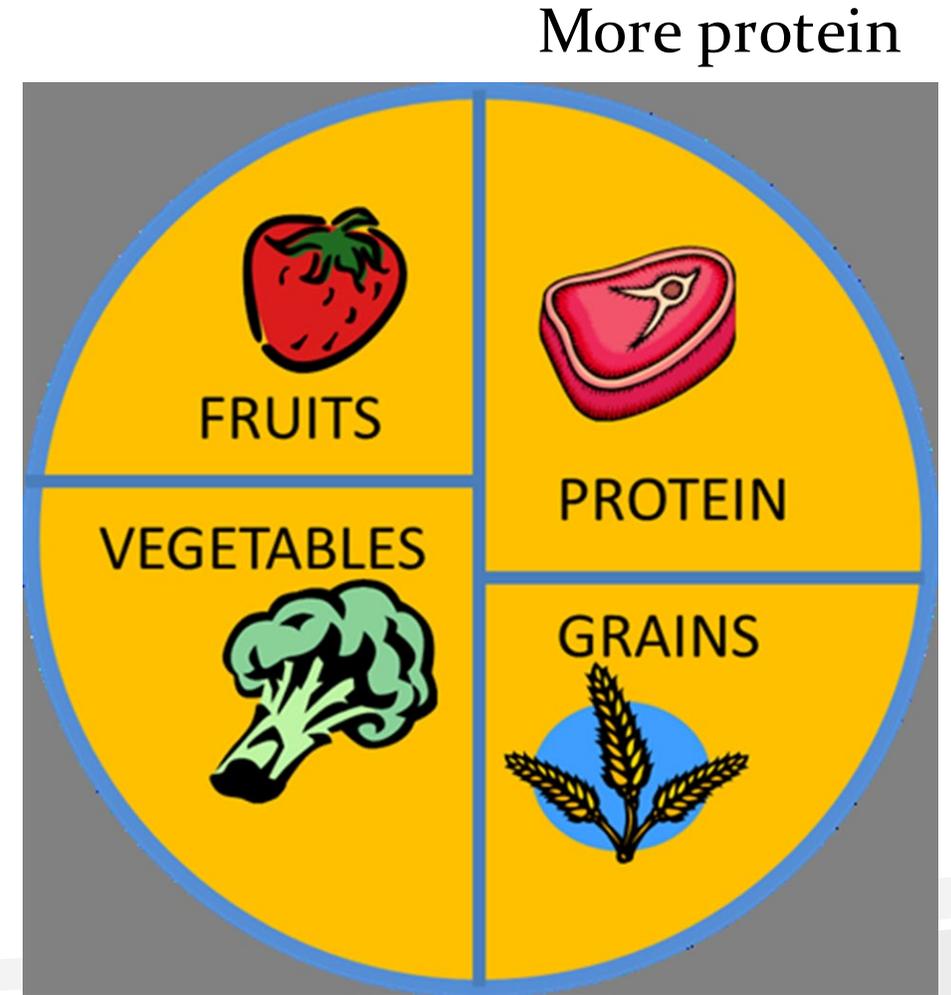
Vegetables

Protein

= 9" diameter

Fill in the Traditional Plate!

- Bread Group
 - Bannock
 - Wild Rice
 - Corn
- Meat Group
 - Big game
 - Game birds
 - Eggs
 - Nuts/Beans
 - Fish/Seafood
- Fruits and Vegetables
 - Shoots
 - Roots
 - Greens
 - Berries
 - Tree fruits
 - Squash
- Dairy
 - Breast milk
 - Fish & game bones
 - Greens & roots





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Dessert Optional					
Beverage					

Principles of Menu Planning

Aesthetic appeal:

- Enhance **taste**
- Strive for **balance**
- Emphasize **variety**
- Add **contrast**: texture & temperature
- Think about **color**
- Consider eye **appeal**



Consider Preferences

- Culture, traditions
- Religion, holidays, celebrations
- Family
- Region of the country
- Health
- Age, generational cohort
- Gender
- What do Elders want?



Use Customer Input



- Menu committees
- Product sampling
- Taste panels
- Food preference surveys
- Satisfaction focus groups
- “Secret diner”
- Comment cards



Steps in Planning Healthy Meals

- **Allow** a block of **time**, gather recipes & resources
- Determine length of **menu cycle**
- Identify **main dish, side dishes**
- **Visualize** what each meal will look like
- Think about **variety, day to day, week to week**
- Plan menus that can be made with **available staff, equipment, space & time**
- Use readily available food
- Use traditional foods
- **Do not plan** for second helpings



Steps in Planning Healthy Meals

- Think about **nutritional content**
- Think about **preferences**
- Think about **participants needs**
- Think about **selecting healthy foods, variety, serving size**
- Think about food safety, equipment, staff time
- Think about food cost
- **Get approval by dietitian**

Do not expect that everyone will like everything that you serve

People can refuse an item

We all have individual tastes



Common Menu Pattern Form, Develop One or Ask for One

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Dessert Optional					
Beverage					



Let's Evaluate

Aesthetic Appeal

- Taste
- Balance
- Variety
- Contrast: temperature, texture
- Color
- Eye appeal
- Cooking methods
- Preferences

Nutrient Content-Healthy Food Selections

- Serving size
- Fruits & vegetables
- Lean protein
- Whole grains
- Low-fat dairy
- Lower fat content & preparation
- Lower sodium foods
- Lower added sugars



Are These Healthy Menus? Are They Appetizing?

1 c chili (ground venison, beans, tomatoes, peppers, onions) topped with 1 oz cheese
1 small square of cornbread
 $\frac{1}{2}$ c coleslaw
 $\frac{1}{2}$ c watermelon
8 oz 1% milk
8 oz coffee/tea

4 oz baked salmon
1 c brown rice
 $\frac{1}{2}$ c spinach
 $\frac{1}{2}$ c tomato, cucumber, onion salad
1 small wheat roll
1 large square cherry cobbler
8 oz coffee/tea

1 bacon-cheese burger
1 bun
condiments (3 pks ketchup, 1 pk mustard, 1 pk mayonnaise)
french fries
baked beans
vanilla pudding
8 oz Indian Tea

Is This a Healthy Meal?

Onion & squash enchilada topped with salsa and peppers



Fry Bread



Iced tea



Canned Fruit Cocktail



1% Milk





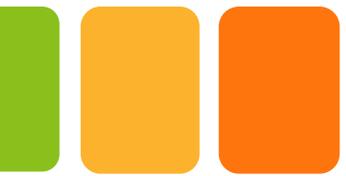
Common Planning Techniques

Do Plan

- 1 meat/potatoes meal/week
- 1 casserole/combined meal/week
- 1 soup/sandwich/salad meal/week
- At least 1 poultry meal/week
- At least 2 fish meals/month
- 2 colorful vegetables/meal
- 1 to 2 high sodium meals/month
- Dessert: 2-3 fruit/week; 1 pudding/jello/week; 1 baked item per week

Do Not

- Serve fried foods often
- Serve high sodium meals often
- Serve 2 starchy vegetables in 1 meal
- Repeat vegetables/meats, etc. in 1 week
- Serve high calorie desserts daily
- Over portion meals
- Use salt in cooking



Food Production & Service

Food Must be Prepared Safely

- We talked about the menu but thinking about safety is critical when we plan a menu
- Oven space
- Refrigeration space
- Lots of hand work
- Utensils
- Production order
 - Do not begin with the main course—Why?
 - Begin in the sanitized kitchen with the foods which would not be heated again—fruit, salad, Jell-O
 - Prep the veggies
 - Do the main course!



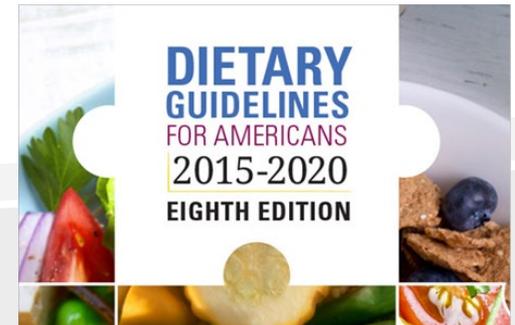
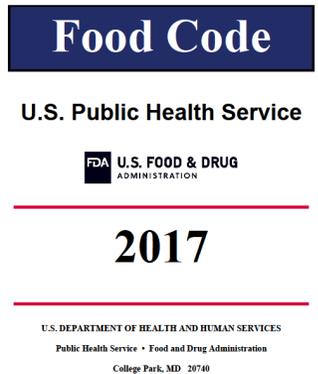


Why do We Care about Food Safety?

- Following food safety rules helps make sure we don't make people sick; we serve people at risk for food borne illness
- Food borne illness is in the news -2018
 - 1 in 6 Americans have foodborne illness every year - CDC
 - 48 million were sick, 128,000 hospitalized, 3,000 die – CDC
 - 13 multi-state outbreaks so far this year - CDC
 - For every reported case of food borne illness, there are 20 unreported (Jory Lange, Houston attorney specializing in food safety)

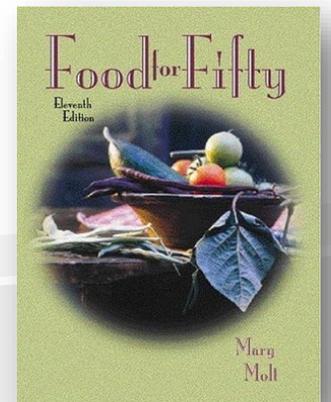
Why do We Care about Food Safety?

- Food and Drug Administration (FDA) indicates major reasons for foodborne illness are:
 - Improper hold temperatures
 - Inadequate cooking
 - Contaminated equipment
 - Food from unsafe sources, and
 - Poor personal hygiene
- The DGAs address food safety too.



Recipes Help Control Costs, Assure Consistency Keep Food Safe

- Cooks need to have recipes to prepare the meals
 - Makes foods the same every time, consistency
 - Standardizes the amount and servings available, control serving sizes
 - Helps you to know what to order from your purchasing company
 - Helps control costs
 - If the usual cook is ill, the substitute will know what to do
- Make sure you have a recipe for each menu item—look on-line for examples
- Use an existing book like Food for Fifty
- Download for free!
- <http://www.survivorlibrary.com/library/food-for-fifty.pdf> 11th edition
- <http://www.pdfdocuments.com/food-for-fifty-13th-edition.pdf>





The Menu Dictates Purchasing

- Use your menu to determine the products, quantity, and quality needed
- Do not purchase more than you can store or use before it will spoil
- Do not purchase extras that will be enticing to add to the recipe
- Take advantage of sales & seasonal items
- Check your invoices to determine if what you ordered was what you received
- Refuse foods that are not high quality
- Read labels for nutrient content, buy lower sodium, fat and added sugar products.



Production – Manage by Menu

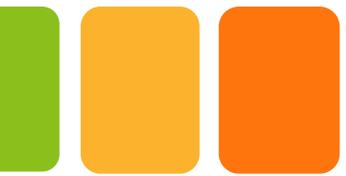
- Use quantity recipes
- Follow recipes closely. Adding a “little more” can increase cost and change nutrient content
- Watch for signs of waste, including over production, lazy produce preparation, and improper storage
- Ensure ½ the plate is vegetables/fruits, use whole grains, low-fat dairy, low-fat proteins
- Use measuring spoons & cups for accurate food measurement and scoops and ladles for accurate food portion service





The Menu Can Help Manage Food Service

- Serve attractive, appetizing meals, we eat with our eyes first
- Use appropriate serving utensils
- Watch that servings are measured, too large a serving is not good for diabetes, heart disease and weight management
- Servings that are too large increase cost and waste
- People can refuse food items, we don't all eat the same
- Keep track of food waste, use different feedback mechanisms
- Revise menus, check food quality when purchasing, check recipes

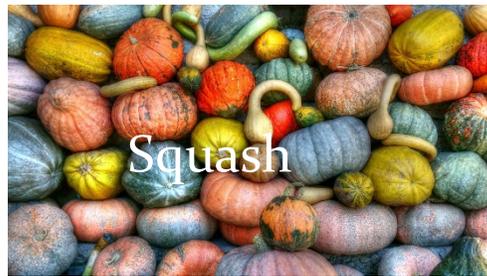


Traditional Foods



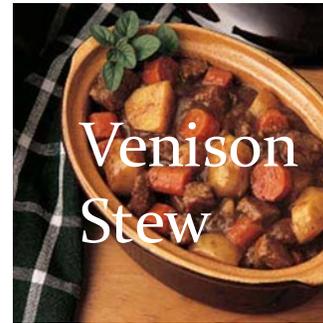
Traditional Foods

American Indian/Alaska Native



Regardless of Tradition, Native American foods are

- Low in sodium
- Low in unhealthy saturated fat
- Low in simple carbohydrates
- Low in added sugars
- High in potassium
- Higher in good fat
- High in complex carbohydrates
- High in fiber



Pineapple



AND THEY TASTE GOOD!!!!

Include Traditional Foods or Modern Alternatives

- **Traditional**

- Venison/elk
- Fiddlehead ferns
- Wild rice
- Wild greens
- Salmon berries



- **Modern alternate**

- Round steak
- Asparagus
- Brown rice
- Spinach, kale, collards
- Raspberries





Program Menus

Include Traditional Foods

- Can be added, but must be used safely
- Prepare non-traditional foods in traditional ways
- Stay away from convenience, processed foods
- Increase use of vegetables, fruits, whole grains to make the content closer to what people ate in times past
- Consult with tribal environmental health authorities
- Consult with state environmental health authorities

Is this Food or Dish Healthy?



Is this Food or Dish Healthy?

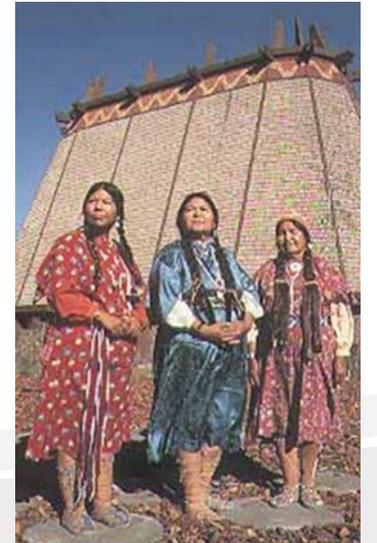


Is this Food or Dish Healthy?



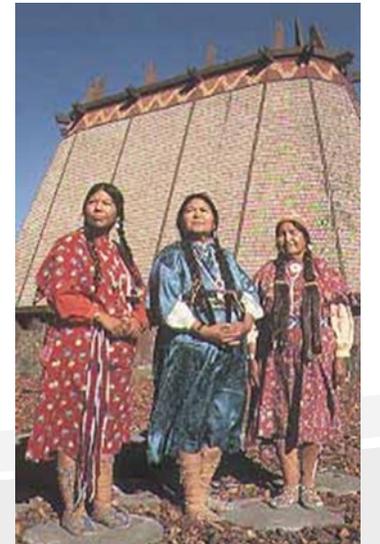
Summary

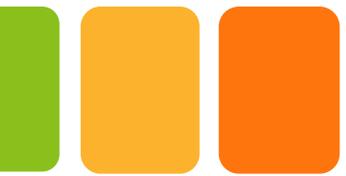
- Talk with the elders, get their ideas
- Meet the requirements of the Older Americans Act
- Serve healthy, safe, lower cost food that tastes good and looks appealing
- Serve traditional food
- Use staff skills, kitchen equipment & tools, and space effectively
- Control costs



Summary

- Keep accurate records
- Use each other as resources
- Use the web for resources
- Enjoy serving food that is appealing, safe, and nutritious
- Help keep elders healthy and in the community
- **Questions???**





Resources



Resources

- Department of Health and Human Services
 - Dietary Guidelines for Americans 2015-2020 <http://health.gov/dietaryguidelines/>
- United States Department of Agriculture - nutrition
 - Dietary Guidelines for Americans 2015-2020 www.cnpp.usda.gov/dietaryguidelines.htm
 - Dietary Reference Intakes <https://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes>
 - Choose My Plate www.ChooseMyPlate.gov
 - Choose My Plate Information www.ChooseMYPlate.gov/guidelines/index.html
 - Choose My Plate printable tip sheets <http://www.choosemyplate.gov/10-tips-nutrition-education-series>
 - Choose My Plate food safety information <http://www.choosemyplate.gov/food-safety>
 - USDA Food Composition Database <https://ndb.nal.usda.gov/>



Resources-Food Ordering & Buying

- United States Department of Agriculture - nutrition
 - Food Buying Guide for Schools <https://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>
 - Food Buying Guide for Child Nutrition Programs <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>



Resources

- Indian Health Services <https://www.ihs.gov/>
 - My Native Plate Icon
https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/MyNativePlate1_508c.pdf
 - My Native Plate Suggestions for Professional Use
https://www.ihs.gov/diabetes/includes/themes/newihstheme/display_objects/documents/printmat/My_Native_Plate_Edu_Tips_508c.pdf
 - Meals for Gatherings-Suggestions from Community
https://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/HNL_Nutr_Potlucks_508c.pdf
 - Health Topics <https://www.ihs.gov/forpatients/healthtopics/>
 - Diabetes Educator Tools <https://www.ihs.gov/diabetes/diabetes-educator-tools/>
 - Health Promotion <https://www.ihs.gov/hpdp/>



Resources

- Centers for Disease Control and Prevention
<https://www.cdc.gov/>
 - Chronic Disease Prevention and Health Promotion in Indian Country
<https://www.cdc.gov/chronicdisease/tribal/index.htm>
 - Traditional Foods Project – 4 Parts
<https://www.cdc.gov/diabetes/ndwp/traditional-foods/index.html>
 - Native Diabetes Wellness Program <https://www.cdc.gov/diabetes/ndwp/index.html>
- National Institutes of Health <https://www.nih.gov/>
 - American Indian and Alaska Native Health Health: Information for People and Communities <https://americanindianhealth.nlm.nih.gov/subtopic/2/Health-Wellness/35/Eating-Healthy-and-Nutrition>
 - American Indian Health-Recipes <http://americanindianhealth.nlm.nih.gov/eating.html>



Resources

- Food and Drug Administration
 - Food Code
<https://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/default.htm>
 - Food Recalls, Outbreaks and Emergencies
<https://www.fda.gov/Food/RecallsOutbreaksEmergencies/default.htm>
 - Foodborne Illness and Contaminants
<https://www.fda.gov/Food/FoodborneIllnessContaminants/default.htm>



Resources

- Administration for Community Living – Older Indians
<https://olderindians.acl.gov/>
 - Nutrition resource links <https://olderindians.acl.gov/links#nutrition>
 - Title VI manual <https://olderindians.acl.gov/manuals-and-toolkits>
- National Resource Center on Nutrition and Aging
<http://nutritionandaging.org/>
 - Resources for Native Americans <https://nutritionandaging.org/nutrition-food-health/native-foods/>



Health & Human Services Recipe Websites

- Healthy Recipes
http://www.cdc.gov/healthyweight/healthy_eating/recipes.html
- Keep the Beat: Heart Healthy Recipes
<http://www.nhlbi.nih.gov/health/resources/heart/ktb-recipe-book>
- Recipe books from the National Heart Lung Blood Institute
http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm
- Recipe books from National Heart Lung Blood Institute
<https://healthyeating.nhlbi.nih.gov/>
- American Indian Health-Recipes
<http://americanindianhealth.nlm.nih.gov/eating.html>
- Listing of recipes from the Departments of Health and Human Services and Agriculture
<http://www.nutrition.gov/shopping-cooking-meal-planning/recipes>



United States Department of Agriculture Recipe Websites

- Recipe Finder <http://healthymeals.nal.usda.gov/recipes>
- What's Cooking? USDA Mixing Bowl, recipes, cookbooks, menus <http://www.choosemyplate.gov/recipes-cookbooks-and-menus>
- Recipes for tribes using USDA commodity foods http://www.fns.usda.gov/fdd/recipes/hhp/fdpir-cookbk_river1.pdf
- Listing of recipes from the Departments of Healthy and Human Services and Agriculture <http://www.nutrition.gov/shopping-cooking-meal-planning/recipes>
- Quantity Standardized Recipes from USDA <https://www.fns.usda.gov/usda-standardized-recipe>



Food for Fifty Quantity Cookbook

- Food for Fifty is a basic United States quantity recipe book which may be downloaded
- Older editions are free of charge
- Food for Fifty <http://www.survivorlibrary.com/library/food-for-fifty.pdf> 11th edition
- Food for Fifty <http://www.pdfdocuments.com/food-for-fifty-13th-edition.pdf>



Health Organization Recipe Websites

- American Diabetes Association, food, fitness, recipes, healthy cooking, <http://www.diabetes.org>
- American Heart Association, recipes, healthy cooking, physical activity <http://www.heart.org/>



Traditional Foods Sites

- American Indian Health and Diet Project, including traditional recipes
<http://aihd.ku.edu/index.html>
- Seeds of Native Health <https://seedsofnativehealth.org/>
 - Resources: <https://seedsofnativehealth.org/resources/>
 - Conference: <https://seedsofnativehealth.org/conference/>
- North American Traditional Indigenous Food Systems <http://www.natifs.org/>
- University of Minnesota Healthy Lives Healthy Lives Institute
<https://www.hfhl.umn.edu/node/516/portal51><https://www.hfhl.umn.edu/publications-and-presentations/2017-native-american-nutrition-conference-report>
- Healthy Traditions: Recipes from Our Ancestors
<https://ruralhealth.und.edu/projects/nrcnaa/pdf/cookbook.pdf>



Traditional Foods Sites

- American Indian Cancer Foundation Resources
<https://www.americanindiancancer.org/resources-2>
- Healthy Native Foods Toolkit https://www.americanindiancancer.org/wp-content/uploads/2014/01/Toolkit_NEW_03_2014-2.pdf
- Alaska Traditional Food Resources, including recipe books, research, etc.
<http://dhss.alaska.gov/sites/takeheart/documents/traditionalfoods.pdf>
- Sources of American Indian Food Products
 - American Indian Foods <http://www.americanindianfoods.com/>
 - Intertribal Bison Cooperative <http://itbcbuffalo.com/view/recipes>



Questions & Thanks



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