Healthy Eating for Healthy Elders
Jean Lloyd, M.S., Consultant
Tulsa, OK Title VI Cluster Training, June 15, 2018
Session Overview

• Introductory questions
• Why do we care about nutrition?
• What do Tribal Elders need?
• What are some healthy eating tips?
• Where do I find more resources?
Questions

• Why do we care about nutrition?
• What influences what you eat?
• Do you make a difference in the lives of Tribal Elders? How?
• Do your Tribal Elders use traditional foods? What foods?
Why Do We Care about Nutrition?
Why Do We Care about Nutrition?

• Adequate, good nutrition and regular physical activity is related to:
  – Maintaining basic physical and mental functioning
  – Promoting health and functionality
  – Reducing the risk of chronic disease
  – Helping to treat and manage chronic disease.
Nutrition and Health are Closely Related

• About half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor eating and physical activity patterns.

• All people, even those with chronic conditions, can benefit from healthy eating patterns and increased physical activity, especially older adults.

• Physical activity for older adults include endurance or aerobic, strength, balance and flexibility training.
Why Do We Care about Nutrition?

- **Physical health**: sight, hearing, smell, oral health, heart, lungs, nerves, brain, gastrointestinal tract, skeleton, muscles, immune system
- Disease
- Functionality/disability
- Mental health
- Social, cultural, familial well-being & traditions
- Emotional well-being
- Spiritual, religious needs
- Affected by lifestyle, geographic location, family, income, culture & traditions, business, food industry, agriculture, & health care
Inter-related Factors Affect the Nutritional Well-Being of Older Adults
Why Do We Care about Nutrition in Indian Country?

• Nutrition is related to health & multiple chronic diseases/conditions

• American Indian (AI) & Alaska Native (AN) communities compared to all Americans have higher rates of:
  • Obesity/overweight
  • Diabetes
  • Heart disease
  • Cancer
Why Do We Care about Nutrition in Indian Country?

- Nationally, participants in Title VI programs when compared to national U.S. data have higher rates of:
  - Obesity/overweight
  - Diabetes
  - Osteoporosis
  - Stroke, high blood pressure

- Nationally, participants in Title VI programs stated that they:
  - Had a condition that changed the kind or amount of food they ate - 23%
  - Ate few fruits/vegetables or milk products – 26.3%
  - Ate fewer than 2 meals/day – 16.3%

National Title VI Needs Assessment Data, University of North Dakota
National Needs Assessment Title VI Data Indicates High Rates of Disability Due to Chronic Disease in Title VI Participants

70.6% of Title VI participants are not disabled
29.4% of Title VI participants are disabled
For those who are disabled, the primary cause is **chronic disease**

<table>
<thead>
<tr>
<th>Disability Cause</th>
<th>Aggregate Title VI Tribal Data (age 55+) %</th>
<th>National US Data (age 55+) %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Congenital or from birth</td>
<td>4.0</td>
<td>Not available</td>
</tr>
<tr>
<td>From military service</td>
<td>6.6</td>
<td>Not available</td>
</tr>
<tr>
<td>From chronic disease</td>
<td>58.6</td>
<td>Not available</td>
</tr>
<tr>
<td>From accident/injury</td>
<td>30.8</td>
<td>Not available</td>
</tr>
</tbody>
</table>

National Title VI Needs Assessment Data, University of North Dakota
### National Needs Assessment Title VI Data

Indicates High Rates of High Blood Pressure, Diabetes and Obesity in Title VI Participants

<table>
<thead>
<tr>
<th>Chronic Condition Related Nutrition</th>
<th>Aggregate Title VI Tribal Data (age 55+) %</th>
<th>National US Data (age 55+) %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stroke</td>
<td>7.5</td>
<td>6.3</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>56.5</td>
<td>55.2</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>9.6</td>
<td>4.6</td>
</tr>
<tr>
<td>Diabetes</td>
<td>39.3</td>
<td>18.0</td>
</tr>
<tr>
<td>Obesity</td>
<td>43.3</td>
<td>24.6</td>
</tr>
<tr>
<td>Overweight</td>
<td>34.8</td>
<td>37.3</td>
</tr>
</tbody>
</table>

National Title VI Needs Assessment Data, University of North Dakota Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey Data. Atlanta GA. DHHS.
Chronic disease conditions & health behaviors in OK. American Indians have high rates of chronic conditions and poor nutrition & physical activity behaviors

<table>
<thead>
<tr>
<th>Condition</th>
<th>American Indian %</th>
<th>Black %</th>
<th>Multi-racial %</th>
<th>Hispanic %</th>
<th>White %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>38</td>
<td>35</td>
<td>33</td>
<td>29</td>
<td>28</td>
</tr>
<tr>
<td>Diabetes</td>
<td>16.4</td>
<td>12.3</td>
<td>9.5</td>
<td>7.6</td>
<td>11.6</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>41</td>
<td>42</td>
<td>N/A</td>
<td>21</td>
<td>36</td>
</tr>
<tr>
<td>Heart disease</td>
<td>10.1</td>
<td>6.2</td>
<td>N/A</td>
<td>2.7</td>
<td>7.9</td>
</tr>
<tr>
<td>Eat less than 5 veg &amp; fruits/day</td>
<td>84</td>
<td>83</td>
<td>82</td>
<td>85</td>
<td>85</td>
</tr>
<tr>
<td>Physical activity (less than 150 minutes/wk)</td>
<td>56</td>
<td>57</td>
<td>53</td>
<td>62</td>
<td>54</td>
</tr>
</tbody>
</table>

Exercise and Physical Activity Are Important to Maintaining Health & Ability to Function

- At one time diets were different and preparing them burned lots of calories

<table>
<thead>
<tr>
<th>Planting</th>
<th>Hoeing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harvesting</td>
<td>Hunting</td>
</tr>
<tr>
<td>Digging</td>
<td>Butchering</td>
</tr>
<tr>
<td>Curing</td>
<td>Canning</td>
</tr>
<tr>
<td>Hauling</td>
<td>Drying</td>
</tr>
<tr>
<td>Trading</td>
<td>Gathering</td>
</tr>
<tr>
<td>Building</td>
<td>Traveling</td>
</tr>
</tbody>
</table>
Changes in Portion Sizes have Increased in 20 Years, Resulting in Increased Calorie Intake

Today

610 calories (6.9 oz) + 590 calories + 220 calories (20 oz) = 1420 calories

20 Years Ago

210 calories (2.4 oz) + 333 calories + 85 calories (6.5 oz) = 628 calories

792 calories more today
Indian Health Service Recommendations for Elders

- Increase physical activity
- Decrease TV viewing
- Decrease food portion sizes
- Eat healthier foods
- Limit fast food & take out foods
- Maintain a healthy weight
- Physical Activity Kit: Book 7 for Older Adults

All Americans Need to Be More Physically Active: Physical Activity Recommendations

• Avoid being inactive

• Be moderately physically active
  • 30 minutes per day most days of the week to maintain weight, can be broken into 10 minutes at a time
  • 1 hour per day most days of the week to lose weight
  • Include activities that are
    • Strengthening the heart, aerobic, 150 min/week
    • Strengthening muscles, 2 times/week
    • Strengthening balance, 3 times/week
    • Increasing flexibility, 3 times/week

National Needs Assessment Title VI Data Indicates Walking is the Most Prevalent Physical Activity

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Aggregate Title VI Tribal Data (age 55+) %</th>
<th>National US Data (age 55+) %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>64.0</td>
<td>4.8</td>
</tr>
<tr>
<td>Yard Work</td>
<td>29.6</td>
<td>2.8</td>
</tr>
<tr>
<td>Gardening</td>
<td>12.7</td>
<td>1.1</td>
</tr>
<tr>
<td>Traditional Dance (Pow-wow)</td>
<td>5.2</td>
<td>1.6</td>
</tr>
</tbody>
</table>


National Title VI Needs Assessment Data, University of North Dakota Centers for Disease Control and Prevention. National Health and Nutrition Examination Survey Data. Atlanta GA. DHHS
What Kind of Food do Tribal Elders Need?
Elders Need Healthy Food and Adequate Nutrients

- Foods are conventional items that we eat
- Experts recommend that we eat foods from 5 different groups
  - Vegetables
  - Fruits
  - Grains
  - Protein foods
  - Dairy or dairy alternate foods
- Nutrients are contained in food
- To live, we need
  - Calories
  - Carbohydrate, fiber
  - Protein
  - Fat
  - Vitamins (15)
  - Minerals (14)
  - Water
Elders Need Healthy Food and Adequate Nutrients

• What do nutrients do in the body?
  – Provide energy
  – Build and maintain cells
  – Build and maintain muscles, bone, teeth, skin, heart, blood, kidneys, gastro-intestinal tract, brain, nerves, eyes, sight, hearing, smell
  – Maintain immune system, fight off infection, repair wounds
  – Maintain fluid balance
So What Do We Do? We Eat Food, Not Nutrients, Too Complicated....

• Eat from the 5 food groups:
  – Vegetables
  – Fruits
  – Grains
  – Protein foods
  – Dairy or dairy alternate foods
Dietary Guidelines for Americans 2015 - 2020

Professional Advice

• Federal guidance for eating & drinking patterns for a healthy life for all ages

• What to emphasize & what to minimize

• https://health.gov/dietaryguidelines/2015/

Consumer Advice

• Federal guidance using a plate showing how a consumer can put together the 5 food groups to have a healthy food intake

• Specific planning ideas for all ages

• https://www.choosemyplate.gov
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
Key Recommendations from Dietary Guidelines for Americans 2015 - 2020

• A healthy pattern limits:
  • Added sugars – related to obesity, heart disease, diabetes
  • Saturated and trans fats – related to obesity, heart disease
  • Sodium – related to heart disease, high blood pressure, kidney disease
My Native Plate Indian Health Service

**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 6-inch plate or 6-inch area of a larger plate.
2. Divide into quarters.
   - ¼ plate is fruits
   - ¼ plate is vegetables
   - ¼ plate is grains or starch
   - ¼ plate is meat, fish or poultry
3. Your food should be no larger than 1½ and a half inches.

**Pictured Here**
- Grilled fish
- Grilled meat
- Mixed vegetables
- Cornbread

**Printed Placemats**
Large, full-color printed placemats will be available by fall 2012 at www.indianserv.gov/hip.
Click on "Online Catalog." There is no charge for placemats or shipping.

**Approved by:**
- Indian Health Service
- Office of Nutrition, Education and Prevention
- Based on the USDA MyPlate. For more information, go to www.mypyramid.gov
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

More protein

Less grain
What are Healthy Eating Tips for Tribal Elders?
Tips for Building Healthy Meals

- **Make half your plate fruits & vegetables**
  - Choose a variety
  - Choose more **red** (tomato, watermelon), **orange** (sweet potato, winter squash, orange, cantaloupe) & **dark-green** (leafy greens, broccoli) vegetables/fruits

- Choose fresh, frozen, canned (rinseed)
- Choose cooked & raw
- Choose whole fruit/vegetables rather than juice
Tips for Building Healthy Meals

• **Add lean protein**
  - Choose low-fat beef/pork/large game
  - Choose poultry like chicken/turkey/game birds
  - Choose fish and other seafood (1 to 2 times per week)
  - Bake, roast, braise, steam, stew, broil rather than fry
  - Trim, drain fat, remove poultry skin
  - Use beans with a little added meat
  - Eat smaller portions (3 oz rather than 4 or 5 oz)
  - Consume protein sources at every meal, 3 to 6 oz per day
Tips for Building Healthy Meals

- **Include whole grains**
  - Make half your grains whole grains
  - Look for the words, “100% whole grain” on the label
  - Look for whole grain as the first ingredient on the list
  - Use brown & wild rice rather than white rice, combine white and brown/wild
  - Try whole-wheat pasta
  - Use oatmeal, whole-grain cornmeal
  - Use whole wheat bread several times a week
Tips for Building Healthy Meals

- Include low-fat dairy
  - Use fat-free or 1% milk
  - Use low fat/reduced fat cheese
  - Use smaller amounts of cheese & less often
  - Substitute plain yogurt for sour cream
  - Use low-fat yogurt as a dessert or topping
  - Use dairy desserts made with fat-free milk
  - Use “lactaid” milk, or fortified soy milk, or fortified orange juice
Tips for Building Healthy Meals

• **Limit saturated fat**
  - Limit high fat meats such as deli meats, hotdogs, sausages
  - Trim fat from meat
  - Do not fry
  - Use oil rather than solid fat
  - Use soft spreads instead of butter
  - Replace butter, lard, solid margarine with oil/soft spreads

- Limit high fat desserts such as pie, cookies, ice cream
- Decrease portion sizes
- Use beans as a protein source
- Use nuts/seeds
Tips for Building Healthy Meals

• **Reduce refined grains**
  - Add more whole grains to the meal
  - Use whole wheat bread, rolls, whole wheat crackers rather than saltines
  - Use less white bread, flour tortillas, pasta, rice
  - Use brown rice or brown rice/white rice mixtures
  - Use whole grain corn meal tortillas
  - Serve fewer biscuits, corn bread, fry bread
  - Use whole grain cereals as toppings for crisps, yogurt, pudding
  - Make sure grain products are enriched

[Image of whole grains and tortillas]
Tips for Building Healthy Meals

- **Reduce sodium**
  - Prepare foods with little added salt, use herbs, other seasonings
  - Limit frozen convenience foods like mac & cheese, limit deli meats, sausage
  - Rinse canned vegetables
  - Buy reduced, low sodium, or no added salt products
  - Read labels, use products with lower sodium levels, especially for bread, baked products like cookies
  - Add more fresh/frozen without sauces vegetables, fruits
Tips for Building Healthy Meals

• **Reduce added sugars**
  - Cut back on foods/drinks with added sugar
  - Drink few beverages such as punch, soda, etc.
  - Eat fewer desserts
  - Select fruit for dessert
  - If serving dessert, limit the number of times/week, and use nutrient dense foods such as pudding with vanilla wafers rather than cake with cream cheese frosting
  - Choose smaller portions
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?
## Servings for Older Adults

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Total Servings Per Day</th>
<th>Total Servings Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>5 to 10, ½ whole grains</td>
<td>35 to 70</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2 to 3-1/2 cups</td>
<td>14 c to 24.5 c</td>
</tr>
<tr>
<td>Fruits</td>
<td>1-1/2 to 2 cups</td>
<td>10.5 c to 14 c</td>
</tr>
<tr>
<td>Fish/seafood</td>
<td></td>
<td>8 oz</td>
</tr>
<tr>
<td>Meat/poultry/eggs</td>
<td>5 to 7 oz or equivalent</td>
<td>35 to 49 oz</td>
</tr>
<tr>
<td>Nuts/seeds/soy products</td>
<td></td>
<td>4 oz</td>
</tr>
<tr>
<td>Dairy Products</td>
<td>3 cups or equivalent</td>
<td>21 c</td>
</tr>
<tr>
<td>Oil</td>
<td>5 to 8 teaspoons</td>
<td>35 to 48 t</td>
</tr>
</tbody>
</table>
## Usual Servings Sizes of Food Groups

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Usual Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>1 slice/1 small muffin, ½ cup pasta/rice</td>
</tr>
<tr>
<td>Vegetables</td>
<td>½ cup cooked, 1 cup leafy greens</td>
</tr>
<tr>
<td>Fruits</td>
<td>½ cup canned, 1 small raw, ¼ cup dried</td>
</tr>
<tr>
<td>Fish/seafood</td>
<td>2 oz</td>
</tr>
<tr>
<td>Meat/poultry/eggs</td>
<td>2 oz meat, 1 egg = 1 oz, ¼ cup beans=1 oz</td>
</tr>
<tr>
<td>Nuts/seeds/soy products</td>
<td>1 Tablespoon peanut butter, ½ oz nuts/seeds</td>
</tr>
<tr>
<td>Dairy Products</td>
<td>1 cup milk/yogurt, 1 1/2 oz cheese 2 oz unprocessed cheese</td>
</tr>
<tr>
<td>Oils</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>
Example of a Day of Healthy Meals
Let’s count the number of servings of each group

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain</td>
<td>2 slices whole wheat bread</td>
<td>1 small piece cornbread</td>
<td>1 c wild rice</td>
</tr>
<tr>
<td>Vegetable</td>
<td>¼ c peppers/onion, ½ c tomatoes in chili</td>
<td>1 c salad greens, ½ c raw vegetables ½ c cooked carrots/parsley</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>½ c orange juice 1 small peach</td>
<td>½ c applesauce or 1 small apple</td>
<td>¼ c strawberries on vanilla pudding</td>
</tr>
<tr>
<td>Protein foods</td>
<td>1 egg</td>
<td>1 c chili, 1 oz venison, ½ c beans</td>
<td>3 oz salmon</td>
</tr>
<tr>
<td>Nuts/seeds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairy</td>
<td>1 c fat-free milk</td>
<td>1 oz cheese on chili</td>
<td>½ vanilla pudding</td>
</tr>
<tr>
<td>Others</td>
<td>2 t soft margarine</td>
<td></td>
<td>1-2 oz salad dressing</td>
</tr>
<tr>
<td>Beverages</td>
<td>1 c coffee with 2 t fat-free milk added</td>
<td>1 c herb tea</td>
<td>1 c infused water</td>
</tr>
</tbody>
</table>
Which of these Foods Contain Added Sugars?
Which of these Foods Contain Saturated Fats?
Which Foods are Higher in Salt?

- 4 oz tomato juice
- ½ cup raw carrots
- ½ cup canned green beans
- 1 small piece of cornbread
- 1 slice whole wheat bread
- ½ cup brown rice
Which Foods are Higher in Salt?

- 4 oz tomato juice, not low-sodium: 308 mg sodium; low-sodium: 12 mg sodium
- ½ cup raw carrots: 42 mg sodium
- ½ cup canned green beans, not low sodium: 181 mg; low sodium: 17 mg sodium
- 1 small piece of cornbread: 428 mg sodium
- 1 slice whole wheat bread: 146 mg sodium
- ½ cup brown rice: 4 mg sodium
Tips to Decrease Risk of Obesity/overweight, Heart Disease, and Diabetes:

• Fill ½ your plate with vegetables & fruit
• Eat a variety of colorful vegetables & fruit
• Make half of your grains, whole grains
• Eat lean protein sources
• Consume low-fat dairy
• Eat less, focus on portion size
• Eat less added sugars, fat, salt
• Steam, braise, boil, roast, grill, don’t fry
• Drink water
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

AND THEY TASTE GOOD!!!!
Are These Healthy Foods?

- Wild Rice
- Mixed Berries
- Indian Taco
- Broiled Trout
- Hominy, Bean & Game Bird Soup
Are these healthy foods?
Is This a Healthy Meal? Are These the Right Serving Sizes?

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

- Venison Stew with potatoes, carrots, onions celery
- Mixed Green Salad
- Salad Dressing
- Fry Bread
- Cantaloupe
- 1% milk
- Coffee/Tea

- Corned Beef
- Buttered Rice
- Corn
- Apple Salad
- White Roll
- Chocolate Cake
- Water
- Coffee/Tea

- Polish Sausage
- Cheesy Mac
- Peas
- Fruited Jell-O
- Sourdough Bun
- Ice Cream Sundae
- Coffee/Tea
Tips for Eating Out

• At a national chain for fast food or fast casual, look up & compare nutrients, such as calories, for menu items the menu board, on-line on company websites, at the FDA or use www.calorieking.com

• If you can’t look up information on-line, use the following tips:
  – Ask how the food is prepared
  – Look for less, smaller portions, less salt, heart healthy symbols
  – Order extra vegetables
  – Share an entrée
  – Eat an appetizer with an extra vegetable as the main course
  – Fill half your plate with vegetables & fruit
  – Pass on the buffet
  – Eat half the meal & take the leftovers home
  – Stop when full
Summary

• Good nutrition is essential for health, functionality, management of chronic disease, and the ability to remain at home in the community

• Tribal elders can use the Choose My Plate from USDA for tips on how to eat healthy

• There are many websites available on healthy eating including websites that use traditional foods
Resources
Resources

• Department of Health and Human Services
  • http://health.gov/dietaryguidelines/
  • https://www.nia.nih.gov/health/healthy-eating
  • https://go4life.nia.nih.gov/mygo4life
  • https://www.nia.nih.gov/health/know-your-food-groups
  • https://go4life.nia.nih.gov/learn-about-healthy-eating
Resources

- United States Department of Agriculture - nutrition
  - www.cnpp.usda.gov/dietaryguidelines
  - www.ChooseMyPlate.gov
  - www.ChooseMYPlate.gov/guidelines/index
  - http://www.choosemyplate.gov/10-tips-nutrition-education-series
  - https://www.choosemyplate.gov/older-adults
  - http://www.choosemyplate.gov/food-safety
  - https://ndb.nal.usda.gov/
Resources

• Indian Health Services
  • https://www.ihs.gov/

• Centers for Disease Control and Prevention
  • https://www.cdc.gov/
Recipe Websites

• What’s Cooking? USDA Mixing Bowl, recipes, cookbooks, menus
• On a Budget [https://www.choosemyplate.gov/budget](https://www.choosemyplate.gov/budget)
• Recipes for tribes using USDA commodity foods
Recipe Websites

• Healthy Recipes
  http://www.cdc.gov/healthyweight/healthy_eating/recipes.html

• Keep the Beat: Heart Healthy Recipes

• Recipe books from the National Heart Lung Blood Institute

• Listing of recipes from the Departments of Healthy and Human Services and Agriculture
  http://www.nutrition.gov/shopping-cooking-meal-planning/recipes
Recipes Websites

- American Heart Association, recipes, healthy cooking, physical activity http://www.heart.org/
Oklahoma Websites

• Choose Lunch, materials for meal planning, recipes

• Healthy Eating for Diabetics Q & A
  https://www.ok.gov/health/documents/Healthy%20Eating%20Q%20A.pdf

• Nutrition Health and Wellness Resources
  https://humansciences.okstate.edu/fcs/publications-resources/web-resources-external-links.html
Traditional Foods Sites

• American Indian Health-Recipes

• iGrow South Dakota State University
  http://igrow.org/community-development/local-foods/native-american-gardens/

• Tribal Connections

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

• A list of recipes from Indian Country Today utilizing traditional
  native foods
  http://indiancountrytodaymedianetwork.com/department/native-recipes

• Intertribal Bison Cooperative
  http://itbcbuffalo.com/view/recipes
Resources specific to American Indians

• Seeds of Native Health
  http://seedsofnativehealth.org
  – http://seedsofnativehealth.org/resources/
  – Feeding Ourselves: Food Access, health disparities, and the pathways to healthy Native American Communities
Resources specific to American Indians

• First Nations Development Institute
  http://www.firstnations.org/
    – Nourishing Native Foods and Health
      http://www.firstnations.org/programs/foods-health
    – Knowledge Center
      http://www.firstnations.org/knowledge-center/foods-health
    – Senior Hunger and Food Insecurity in Indian Country: Community Based Solutions to Improve the Health and Well-Being of Tribal Elders
Questions & Thanks

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