



## GOOD HEALTH AND WELLNESS PROGRAM

# TRADITIONAL AND CONTEMPORARY *native foods*

### HOLDING ON TO TRADITION IN A MODERN WORLD

Culture and Tradition amongst our Native American Tribes in the Great Plains Region are of vital importance to survival as a people. Recently there has been a grassroots movement to invest in tribal foods by harvesting foods indigenous to our region and preserving them for year-long access.

Over the last 200 years the concept of “traditional foods” has evolved to include the use of “rations” and commodity supplements and the inclusion of oil, sugar, pork, salt, and flour; all food sources that were not indigenous to Native Foodway. These items were intended to “fill the belly,” but not necessarily be a healthy food source, as much of the items are loaded with carbohydrates and preservatives.

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#### Traditional vs. Contemporary

**6 questions to ask yourself to help differentiate between “traditional” foods and “contemporary native foods”:**

1. Is it something that grows naturally in this area?
2. Is it considered “wild” game?
3. Do you consider it medicine for your body?
4. Does it grow on local trees or on/in the ground?
5. Does it require an investment of time and energy to be prepared/harvested?
6. Can I eat it naturally or raw?

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#### Traditional Foods (healthy choice)

- Buffalo
- Deer
- Elk
- Rabbit
- Antelope
- Tinsila (wild turnips)
- Blo (wild potatoes)
- Chokecherries
- Wojapi (made with chokecherries, buffalo berries and tinsila as thickening substance)
- Wasna (pemmican)
- Wild Rice
- Beans
- Indian Corn
- Wild Onions
- Wild Raspberries
- Wild Strawberries

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#### Contemporary Foods (comfort foods)

- Frybread
- Indian Tacos
- Cake
- Wojapi (made with sugar, processed berries and starch)
- Popovers
- Foods fried in oil
- Adding bacon, pork, hamburger
- and fatty meats in place of
- or with leaner meats such as Buffalo and “wild game”
- Pastas
- Potato Salad
- Foods high in carbohydrates
- and starches
- Foods high in sugar

### Making Better Decisions, Just for the Health of it.

What can we do? Living in a modern age, traditional foods are not always accessible to us. What can we do to eat more healthily?

We can begin to cook with avocado oil, replace pasta with whole-grain pasta, choose frozen fruits and vegetables over canned. When buying hamburger meats high in fat content, rinse excess fat off with warm water. Use whole-wheat flour as a replacement for white processed flour. Chicken, Turkey, and Fish provide healthier alternatives for proteins in your diet when they are baked, not fried.