



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Relationships & Family

Lesson 23: Food and Family Meals

LS00023

FOOD IS MORE THAN SOMETHING TO EAT!

Since the beginning of time people ate together. It is a required pleasure for civil societies. Eating together is called a family meal, whether the diners are related or not. Family meals support:

- **Tradition:** which can be as simple as serving the same menu for a celebration or memorial meal. Tomorrow will look like what is practiced to-day.
- **Learning:** stories and teasing that is heard, while sharing food, becomes your family memories. Child development and growth happens because of eating and talking together.
- **History and Culture:** recipes, food selection, and conversation become patterns and culture of the home.
- **Manners:** offering food is important for men and women to be successful in life. Children can be easily taught manners at the table (Elders first, waiting your turn, calculating how much is available and taking only a “fair share”, respectfully offering thanks or listening as Elders offer prayer and open conversation before dishing up and taking the first bite.

RESOURCES

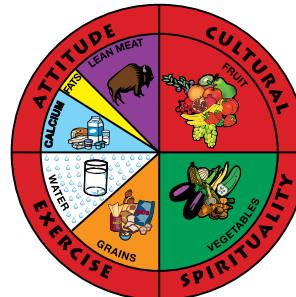
- www.eatright.org
- www.myplate.org
- www.hungerfreend.org
- www.uttc.edu/extesnion/resources

What do we need?

Each person has different food needs based on gender, age and level of physical activity. Everyone needs food and beverages about 5 times each day to replenish the body, mind, and spirit. We should eat every 4 to 5 hours with small, balanced meals/snacks (every 2 hours for young children). Some nutritional guidelines:

- Fill half of your plate with colorful fruits and vegetables
- Eat meals at the table as a family (no phones, TVs, computers, etc.)
- Make half of your grains whole grains
- Drink water, milk or 100% juice (save soda, sports drinks, or sugary drinks for rare events, not every day)
- Choose a variety of lean protein sources (poultry, fish, eggs, dried beans and peas, low-fat cheese, soy foods or meat)

Check out www.ChooseMyPlate.gov for more details.



Good food provides nutrients to the body and nourishes the soul with pleasurable experiences. Research confirms that families who spend time together at meals eat more healthfully. Children who share in family meals are more likely to do well in school. They are more likely to avoid risky behavior such as smoking, drinking alcohol, or using drugs.

UTTC Extension provides handouts relating to Family Meals, Child Feeding Guide, Factual Nutrition Sources, Heart Health, Food Assessment, Breastfeeding, and Native Plant Nutrients. Access these at the www.Uttc.edu website or ww.landgrant@uttc.edu.

The First Family Meal

All babies deserve their mother’s milk at birth—the first family meal should be species-specific milk from mom, which gives baby all the nutrition and health properties necessary. Research proves breastfeeding provides life-long health benefits which can lead to: less colic, less risk of developing Type 2 diabetes, fewer ear infections, and less likelihood of having allergies and food intolerances. Breastfeeding is much cheaper than formula feeding – it’s FREE. And it’s always readily available, no need for a bottle.

Food Sovereignty “Grow Food, Eat Well, and Empower Community!”

For many, food sovereignty will be a combination of grocery store shopping, gardening, hunting, fishing and bartering for goods others make. These actions become “Food Sovereignty in Action,” which is food security for you, your family and your community. Family meals can mean food sovereignty. Food sovereignty = Tribal sovereignty.

When you shop at grocery stores, chain stores, a local store or farmer’s market, you are practicing food sovereignty. You are deciding where to shop and what to buy. But, what if your budget limits your ability to buy good quality vegetables and fruits, lean meats and milk? What if you prefer to purchase organic, chemical-free products, but the store may not stock these items?

Now, your ability to purchase what you want is controlled by outside forces, such as the economy, which determines the cost of goods, or the grocery store owner who chooses not to provide organic products. Transportation costs add to the cost of goods and services and limit your choices. Growing a garden and gathering food from the fields can impact your sovereignty, also. Food selection, food preparation, food storage, and family meals become your food sovereignty. Your family’s rule, your constitution, your choice. Be sovereign. Be in control.



FOOD HELPER PROGRAMS

Food selection and budget management go hand in hand. Food becomes a big part of any household budget. Even if we shop wisely and gather and save or preserve food, families might need and appreciate government helper programs like:

- **FDPIR** - Food Distribution Programs on Indian Reservations (formerly called commodities) is a USDA program offering monthly food packages. Participants are families living within Sovereign Nations. Foods include fresh vegetables and fruit, meat, poultry and fish, and staples like flour, cornmeal, and sugar. Participating families are encouraged to learn more about good nutrition and the food choice by attending cooking classes or other nutrition education opportunities.
- **SNAP** - Supplemental Nutrition Assistance Program (formerly called food stamps) is a USDA program offering monthly food purchasing power through use of an EBT card. Choosing nutritious food is up to the individual shopper. These funds are a supplement to the individual’s food budget so will not cover all food costs, careful shopping and food handling skills are needed so there is food for the entire month. Contact your local County Extension office or SNAP program office to find classes that will help you learn how to stretch those food dollars.
- **WIC** - Supplemental Nutrition Program for Women, Infants, and Children—Pregnant and breastfeeding mothers and children up to their 5th birthday are offered specific foods containing nutrients needed for growth and health. Participants receive food vouchers or EBT cards for the purchase of foods at the local grocery store. Participants are encouraged to learn more about nutrition and health, and may be required to attend monthly classes taught by WIC or the local County Extension office.
- **School Lunch** - Breakfast, noon and after-school snacks are offered through USDA. Some families pay full prices and some pay less, depending on the family and community income. The food choices include those recommended for healthy growing bodies, including calcium-rich milk choices, fruit and vegetables, and whole grain breads and cereals.
- **Nutrition for the Elderly Program** – Most communities offer meals at a congregate serving site (Elder Program) five days a week or home delivered meals. Meals are for elderly or handicapped people. Sites offer social and educational programs for participants, too.
- **Emergency Food Banks** - Most communities offer choices when families are in temporary need for food. Check your local phone book or community service list to find community options. Ask at a school or church, they usually have a list of local resources.



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13 Moons = A Year Full of Food Planning

Local Food Then And Now



United Tribes Technical College (UTTC) Extension's Food System Calendars are educational tools designed around the "MOONS" of a year. The MOON supported food systems of the indigenous tribes of this continent and guided timing to best gather, preserve, store, and share food. The MOON was recognized and honored as a time-keeper for food sustainability. The amount of food needed was based on the winter count (census) to ensure adequate food was available. The pictures in the center of the Food System Calendars depict the spiritual foods that were honored as important for survival. Using the MOON, makes the Food System Calendars understandable by all cultures, worldwide. Many tribes followed a 13 MOON lunar cycle. But, as an educational tool intended to prompt conversation between people of different cultures, UTTC's Food System Calendars are based on the modern-day 12 month calendar. UTTC Extension's philosophy is that "Food is more than something to eat!" They believe food calendars help people make the connection between food and physical, mental, emotional and spiritual health.



There are over 500 recognized indigenous tribes in the United States. Tribes, tribal nations, and communities each have distinct food ways, eating habits, and cultural practices. UTTC Extension offers the Calendars (www.uttc.edu/landgrant) as a glimpse at local food systems followed by indigenous people in their region. The Food System Calendars were designed for educational discussion, only. Please forgive them for the oversight of the many other tribes from the area. They will create similar calendars for other interested tribes, too. Words and foods mentioned are based on one individual's memories, culture, and traditions. UTTC Land Grant Extension appreciates the individuals who were willing to share and are aware that the educational model is not reflective of food ways, systems, cultures, or words for other tribes, families, or periods of time.



Anishinaabe (Anishinaabeg) – Ojibwa, Chippewa and Iroquois people.



Many bands continue to live on their ancestral lands around the Great Lakes and

water ways from the Atlantic Ocean through the north-central United States and southern Canada. They enjoy subsistence hunting, gathering of native foods, collecting maple syrup and spear fishing. Wild rice or in Anishnaabemowin; Mah-NO-min (min is pronounced to rhyme with "bit" and means seed and the first part of the word is a contraction of Manido or spirit giver) is a traditionally important and sacred food. Typically in early fall, the moon (month) Manoominike Giizis is harvest time - a time of fun and a time of hard work when grain is gathered and processed. Even with modern help of aluminum boats instead of birch bark canoes the gathering of good food is still hard work.

Sahnish (Arikara), Hidatsa and Mandan people (Three Affiliated Tribes)



Historically, the families in these tribes lived in earth lodges located along the

Missouri River. They planted and grew tremendous gardens with corn, beans, squash, pumpkin, sunflowers, watermelon and Indian tobacco. The three sisters of corn, beans and squash were important foods harvested from large fields using advanced agricultural systems including irrigation and seed saving. During the fall, they hunted and preserved buffalo, deer, elk, rabbits, birds and other small game animals to ensure adequate food throughout the year. They traded their produce with other tribes and explorers for meat, hides, shells, rice, and etc.

Lakota and Dakota Tribes.



The Lakota, Nakota and Dakota may be known as the Sioux Tribes. These nomadic people of

the Great Plains generally lived in tipis and often moved from summer to winter camps. They had a strong spiritual connection to Mother Earth and their relatives, the buffalo. They gathered edible plants, roots, and berries that grew native throughout the Plains and used their excellent hunting skills to support healthy lifestyles. In addition, as they moved their camps, they traded with people who practiced different foodways.

Local food visuals respect people and support Mother Earth's connection to health through the kitchen table. Tribal Foodway Calendars are included as culturally relevant educational resources and tools as part of the college coursework offered through the UTTC Nutrition and Foodservice Department (Culinary Arts/Foodservice AAS Degree and Community Health AAS Degree).



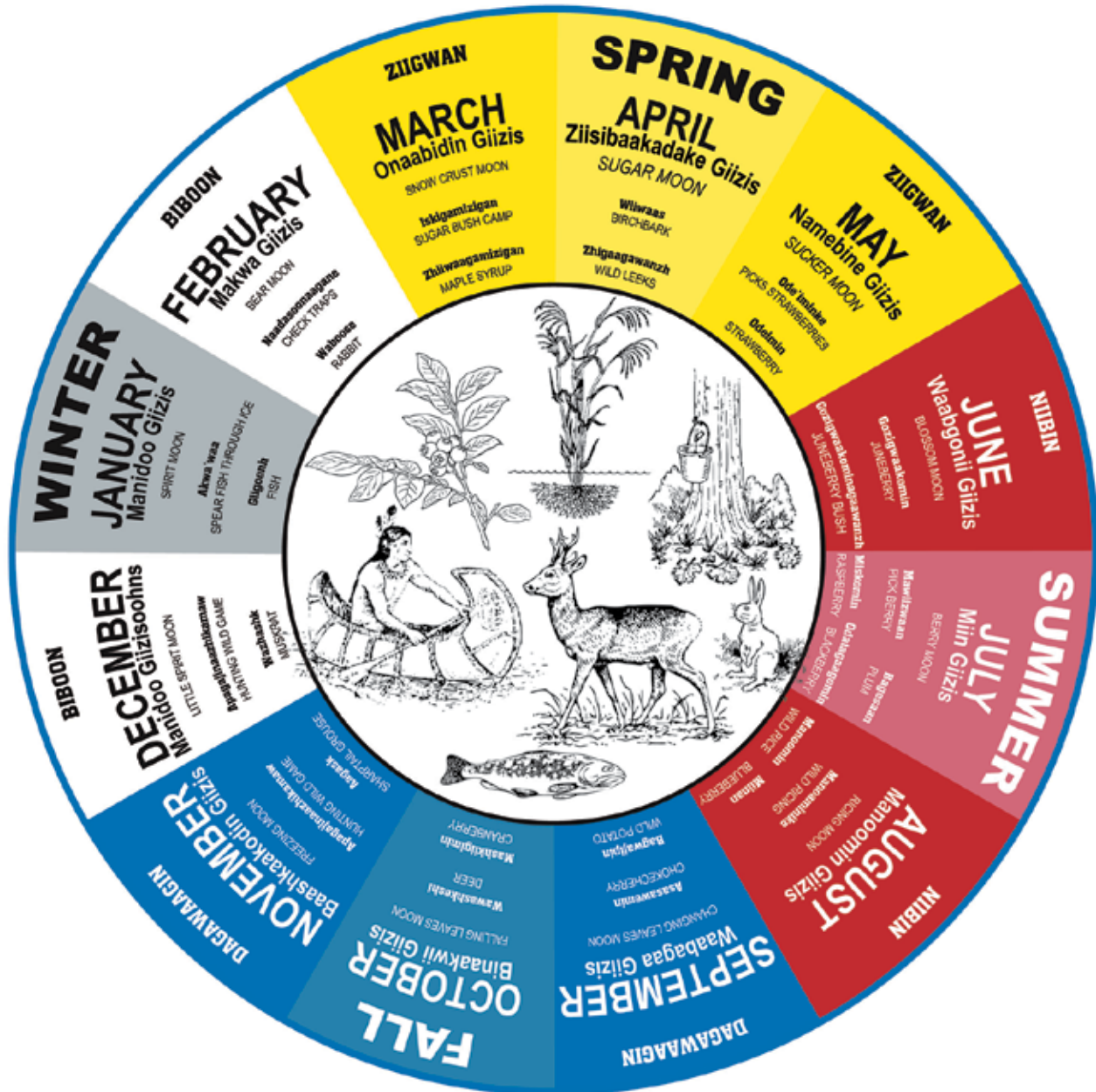
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Explanation for Indigenous Foodway Calendars

Local Food Then And Now

ANISHINAABE - Woodlands



“Food System Circles are designed for educational discussion. Design is based on individual sharing of memories, practices, and traditions. UTTC Land Grant appreciates that sharing and recognizes the Circles are not reflective of food systems or words for all tribes, families, or time periods.”



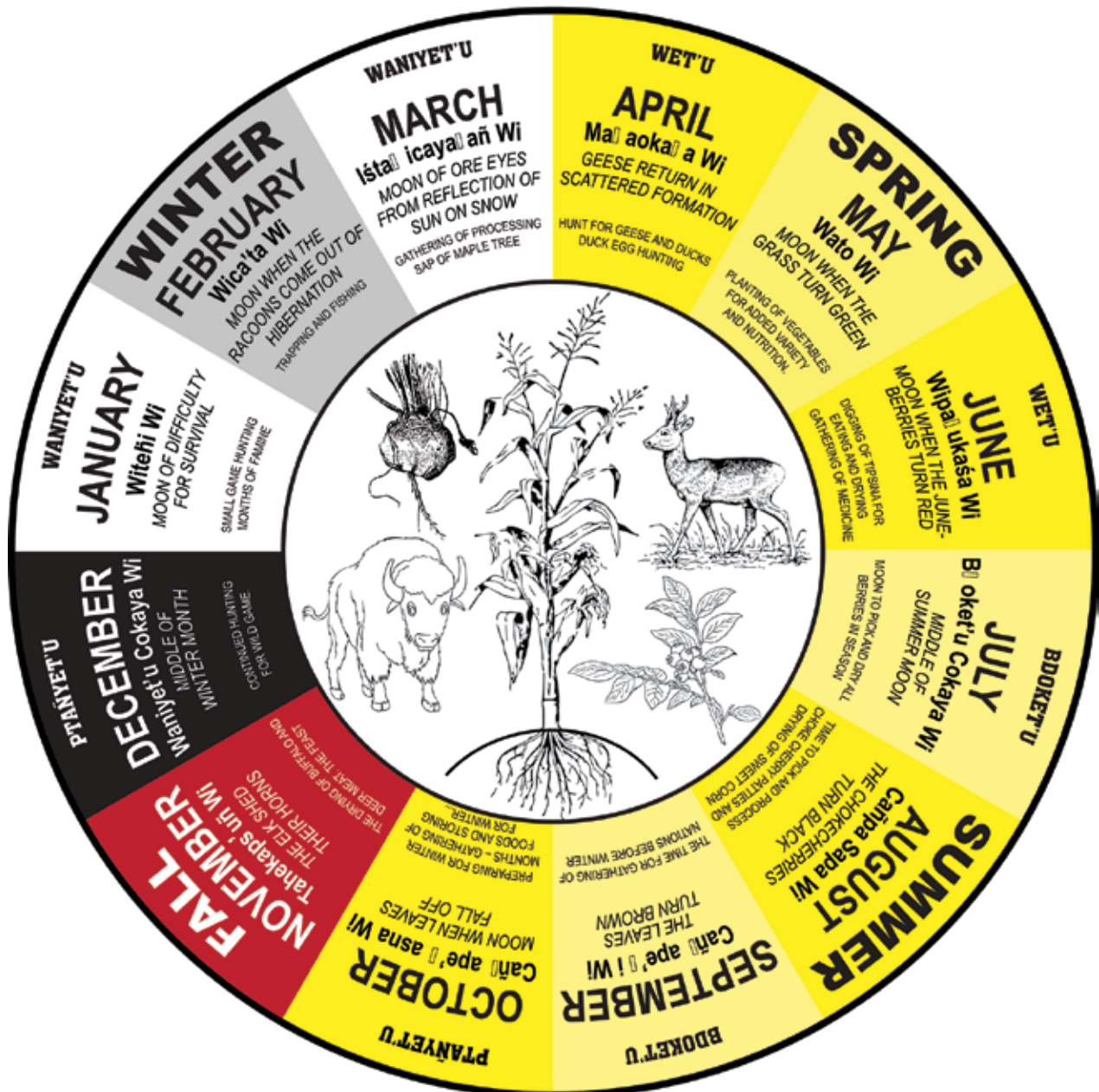
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Explanation for Indigenous Foodway Calendars

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DAKOTA - Nomadic



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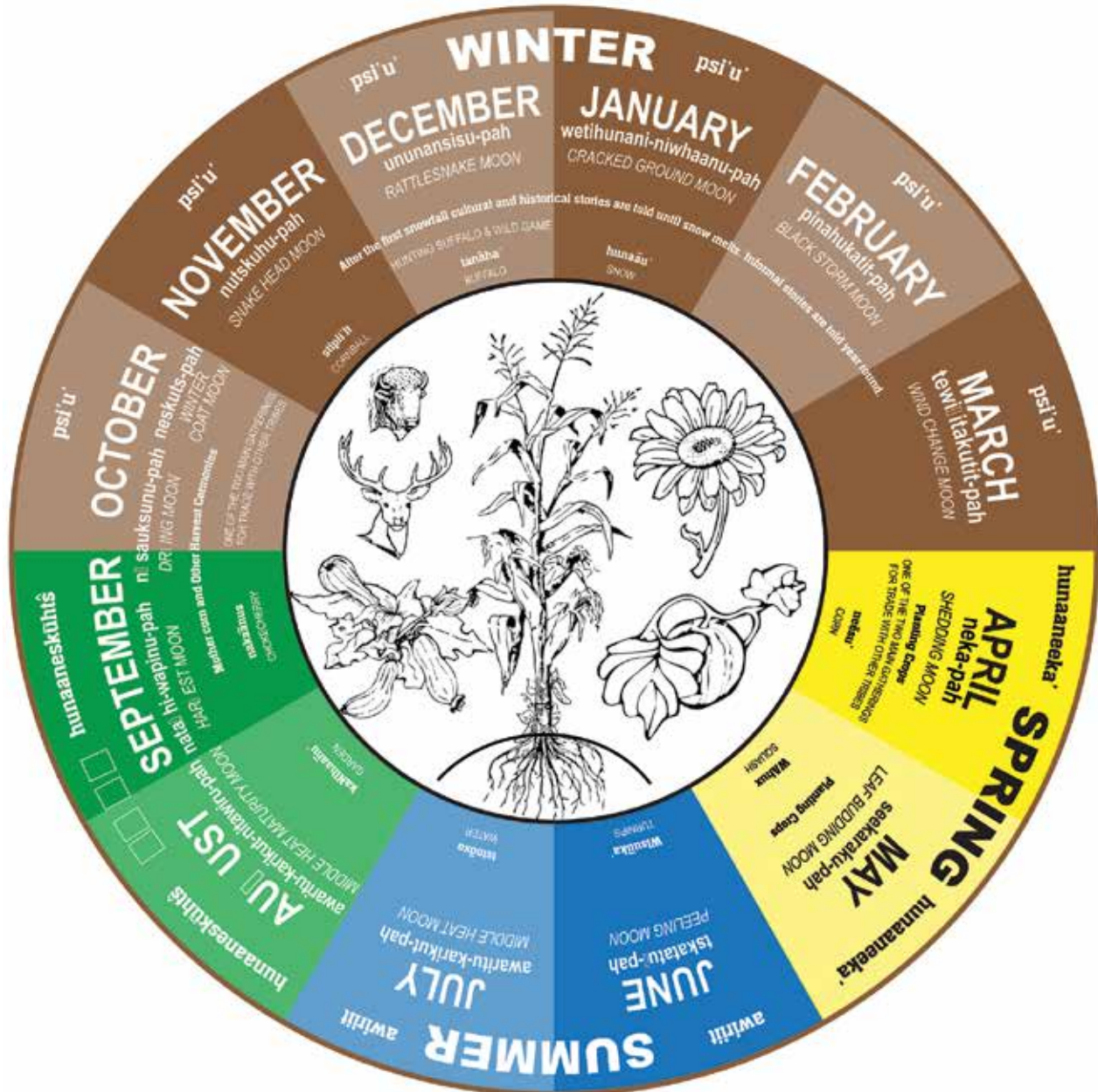
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SAHNISH (ARIKARA) - Agricultural



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Food Guidelines for Children: Birth to Age 5

1 to 3 years:

Development: Gradually improves with ability to use fingers, cup, and spoon. Copies you!

Food:

- Can continue breastfeeding up to age 2.
- Introduce cow, goat or soy milk– start with whole milk and by age 2, transition to 1% or nonfat milk.
- **Food group needs:** Bread– 3 to 4 oz. (1 oz. = 1 slice bread, 1/2 bagel, 1/2 cup cooked cereal, pasta or rice, 1 cup dry cereal); Vegetables– 1 to 1.5 cups (cooked or raw); Fruits– 1 to 1.5 cups (fresh, canned, or frozen); Milk products– 2 cups (1 cup = 1 cup milk or yogurt, 1.5 oz. cheese, 3/4 cup frozen yogurt); Protein foods– 2 to 4 oz. (1 oz. = 1 oz. meat, poultry, or fish, 1 egg, 1/4 cup cooked beans, 1 T peanut butter)

Avoid:

- No more than 4 oz. juice or 16 oz. milk daily – if thirsty give water.

Tips:

- Eat with child and have 3 meals and 2-3 snacks.
- Offer 1T of each food for each year of life– can ask for more. (Example: give a 2 year old 2 T vegetables, 2 T rice, etc.)

4 to 5 years:

Development: More skilled use with fork, spoon, dull knife and napkin. Starts to want to choose their own foods and participates in blessing & conversation.

Food:

- Child should be drinking 1% or nonfat milk.
- Food group needs: Bread– 4 to 5 oz (1 oz. = 1 slice bread, 1/2 bagel, 1/2 cup cooked cereal, pasta or rice, 1 cup dry cereal); Vegetables– 1.5 to 2 cups (cooked or raw); Fruits– 1 to 1.5 cups (fresh, canned, or frozen); Milk products– 2 cups (1 cup = 1 cup milk or yogurt, 1.5 oz. cheese, 3/4 cup frozen yogurt); Protein foods– 3 to 5 oz. (1 oz. = 1 oz. meat, poultry, or fish, 1 egg, 1/4 cup cooked beans, 1 T peanut butter)

Avoid:

- No more than 6 oz. juice or 24 oz. milk. – offer water between meals & quenching thirst.

Tips:

- Let your child be an active part of food preparation.
- Make food fun– your child wants to learn about food!
- Offer 1T of each food for each year of life-can ask for more. (Example: give a 4 year old 4 T meat, 4 T fruit, etc.)

“10” GOOD NUTRITION TIPS FOR HEALTHY CHILDREN

1. Breastfeeding for any length of time will benefit your baby, even if it is only a few days.
2. Non breastfed babies need iron-fortified formulas.
3. Wait until 1 year of age before introducing honey or cow, goat, or soy milk. Have your child drink whole milk until age 2, then you can transition to 1% or nonfat milk.
4. Introduce new foods one at a time to check for allergic reactions and acceptance.
5. Eat as a family, at a table.
6. Try new foods more than ten times before accepting that your child does not like a food.
7. Offer your child a variety of foods.
8. When your child is thirsty, give him/her water. They only need small amounts of juice.
9. Food stages: 1) Smooth (strained or pureed) - store bought/homemade baby food; 2) Mashed foods (smooth with few tiny lumps) -mash soft foods your family eats with fork; 3) Chopped foods (more lumps) -chop your family foods into small pieces; 4) Small pieces of food - give small, soft pieces of foods.
10. As your child grows, involve them in food roles. They want to learn about food & where it comes from!





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Food Guidelines for Children: Birth to Age 5

Birth to 4 months:

Development: Newborns may need help learning to nurse, but after they learn babies know when to eat, how much to eat and when they are full.

Food:

- Breast milk and/or iron-fortified formula provide all of the nutrients your baby needs.
- Breastfeeding as long as possible is encouraged, even up to age 2.
- Feed baby 8-12 times per day. Baby's tummy holds 2-3 ounces at a time.

Avoid:

- Do not give baby honey, honey containing products or cow's milk (from jug/carton) until 1 year of age.

Tips:

- Breast milk can be stored in fridge for up to 5 days or it can be frozen.

Choking Hazard

Foods to avoid the 1st year: Grapes, berries, nuts, corn, potato chips, popcorn, raw carrots, hot dogs, peanut butter on a spoon

4 to 6 months:

Development: Babies still know when to eat, how much to eat and when they are full.

Food:

- Breast milk and/or iron-fortified formula still provide all of the nutrients your baby needs.
- Continued breastfeeding is encouraged if possible.
- Feed baby 6-8 times per day. Baby's tummy holds 4-6 ounces at a time.

Avoid:

- Baby does not need any water or juice. The liquid from breast milk/formula fulfills your baby's fluid needs.
- If feeding with a bottle, do not put your baby to bed with it or prop it up and leave your baby alone.

Tips:

- Hold your baby close while feeding and smile and talk so that your baby feels comfortable and safe.

Common

Allergy Foods to Avoid the 1st year: egg whites, wheat, corn, soy milk or tofu, cow's milk, fish or other seafood, nuts, honey

6 to 9 months:

Development: May be ready to try some solid foods if can do all of the following: sit up with support, hold head steady, put fingers in mouth, show want for food with open mouth, close lips over spoon, show fullness by turning head away, and keep food in mouth and swallow it.

Food:

- Continue breastfeeding/iron-fortified formula.
- May start feeding baby cereal (rice, oatmeal, barley)-mix with breast milk/ formula (advance to other foods).
- Introduce food in 4 stages:
 - 1) Smooth (strained or pureed),
 - 2) Mashed (smooth with a few tiny lumps),
 - 3) Chopped (more lumps), and
 - 4) Small pieces of food.

Avoid:

- Do not put cereal in bottle— feed it to baby with a spoon.

Tips:

- Master one stage of food before moving to the next.

9 to 12 months:

Development: May start to feed self with spoon or hands.

Food:

- Continue breastfeeding/iron-fortified formula.
- Introduce 1 new food at a time. Good foods to start with include: baby cereal, squash, peas, carrots, sweet potatoes, applesauce, bananas, pears, beans, cottage cheese, yogurt, beef, chicken, and turkey.
- Continue to follow stages of food— master one at a time.
- Good finger foods— small pieces of: soft fruits, cooked vegetables, cooked ground meat, dry cereal, bread, crackers, tortillas, cheese, and cut up noodles.

Avoid:

- Your baby does not need sugar, salt, butter, gravy, etc.

Tips:

- Watch for allergic reactions after each introduced food.
- Teach to drink out of small cup and eat with family.
- Modify and feed your baby the foods your family eats.
- By age 1, your baby should not be using a bottle.



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How Do You “Find the Truth” using the Web

Factual Nutrition Information



- Where do you look for answers when you have questions about food, nutrition or health?
- When discussing food, nutrition or health with family and friends; do you ever hear, “I read it on Facebook” or “I’ll look it up on the Internet. Can you be sure these sources are correct?”

How can we be sure that what we see and read on social media is true? Trusting and finding facts is not the same for today’s families. Before, we just had to look in Mom’s recipe box, medicine chest, or contact the trained and experienced medicine man, doctor, Extension or health professional.

Here is a checklist of questions for you to ask when searching nutrition and health information.

- ✓ Is the author supporting fact or their personal opinion?
- ✓ What are the credentials or handed-down respected knowledge of the author?

- ✓ Is the author sponsored by trusted people or an institution and that identified in the social media comments?
- ✓ What is the purpose of the information (does someone want to make money)?
- ✓ Is the site promoting or selling a particular product that cures a medical condition by itself? This is suspicious.
- ✓ Is the information based on scientific research or is it based on gossip and pieces of information?
- ✓ Is a date listed? How current is the information?
- ✓ Does the information have links to other sources of information? (This sometimes provides a clue to reliability, but not always. Anyone can link to another organization’s website.)
- ✓ Are the facts documented with sound scientific references and peer reviewed research? Or is the information solely based on testimonials from others (which are probably part of the same pyramid or money making scam)?
- ✓ Can you find within the link or report that an editorial board oversees the content?
- ✓ Is the information well-written in terms of grammar and spelling? What is the tone non-threatening or accusatory? Does it take a balanced approach?

According to the “Clicks & Cravings” nationwide phone survey by the Hartman Group, about 50 percent of consumers use Twitter and Facebook to learn about food, and another 40 percent use blogs, apps and websites. Keep in mind that their research was done in 2012, so the numbers probably are greater today.

RESOURCES:

1. Academy of Nutrition and Dietetics: www.eatright.org
2. NDSU Extension: “Finding the Truth” link on Nourishing Boomer <http://www.ag.ndsu.edu/nourishyour-mind-and-body-with-accurate-nutrition-and-health-information>
3. United Tribes Technical College Extension: <http://uttc.edu/landgrant/resources>



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Breastfeeding: Good For Mom, Too!



The benefits baby receives from breastfeeding are mentioned often. They include fewer illnesses and digestive problems.

But, people might not know the many benefits that a mother can also receive from breastfeeding her baby.



As a new mother, your number one job is to care for your baby

Permission Poem

*Cleaning and scrubbing can wait 'til tomorrow
'cause babies grow up, we've learned to our sorrow.
So quiet down cobwebs, dust go to sleep.
I'm nursing my
baby and babies don't Keep!*

- Breastfeeding is a fulfilling experience.
- Breastfeeding builds strong family bonding & attachment.
- Breastfeeding is a fulfilling experience.
- Breastfeeding builds strong family bonding & attachment.
- Breastfeeding is the first family meal.
- Breastfeeding saves time & money - at least \$1500 in the first year.
- Breastfeeding increases confidence in mothering.
- Breastfeeding reduces natural fears about being a new mom.
- Breastfeeding helps mom return to her pre-pregnancy weight sooner.
- Breastfeeding decreases postpartum bleeding and supports reproductive health.
- Breastfeeding protects mom from osteoporosis, heart disease and breast or ovarian cancer.



HELP! It's okay to accept help from others.



Support for a mother is essential to successful breastfeeding. Years ago, new mothers were hovered over by the women of the village. Remember that your priority should be feeding your baby.

Household chores and errands can wait. House work, food shopping and care of older children make good temporary jobs for those who offer help. Besides family; professional helpers include WIC, UTTC Extension Nutrition Educators (255-3285 Ext 1504), local public health and breastfeeding partnership <http://www.gotmomma.com/>.

NUTRITION TIPS FOR MOM

All mothers want the best for their babies. Think about feeding yourself well and it will make feeding your baby easier. A family's future health depends on the food eaten throughout life.

Some general advice:

- Eat often, eat what you like, and eat until you are full.
- Choose a variety of foods during meals.
- Include healthy snacks between meals (fruit, veggies, whole grain crackers, or cheese).
- Drink plenty of fluids. Try a glass of water, juice or milk for mom each time baby nurses?
- To prevent constipation and fight disease women need fiber. Eat fruits, vegetables, whole grains and dried beans.
- A woman's bones need calcium. Cow's milk, soy milk, yogurt, cheese, canned salmon or sardines with the bones, almonds and broccoli give calcium.
- Up to 3 cups or 24 oz. of caffeinated beverages (coffee, tea, soft drinks, etc.) per day is okay.

EXERCISE TIPS FOR MOM



All mothers want to feel good and provide for their baby. Tiredness is normal. Exercise produces chemicals in the brain to help Mom and all family members to be productive and happy.

Some general advice.

- Listen to your body. No one knows how you feel. Do what you can.
- Moderate exercise during breastfeeding is safe and beneficial.
- If you feel tired, use one of baby's naps as your rest time.
- Increase your activity slowly to get back to your pre-pregnancy activity level.
- Start with walking. Put your baby in a stroller or baby carrier and gradually increase the number of minutes you walk. Outdoor air and sunshine is important for baby and you!
- Gradual weight loss is best. Losing about 1 pound per week is healthy and does not affect milk production.

UTTC students and staff should contact UTTC Extension Nutrition Educators to discuss UTTC's Baby to Work or Class & Breastfeeding Pumping Policy. UTTC is a designated "Infant Friendly Workplace" www.ndhealth.gov/breastfeeding





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Personal Eating Smarter Assessment

Eating Smarter recommendations follow MyPlate. The goal is to use variety, balance, moderation and proportion. Healthy foods are high in flavor, color, and fiber AND low in fat, sugar, and calories. Circle the category for each food groups that most closely describes your eating habits on an average week. Record your points in the right hand column for each row (food group). Add the points for a total at the bottom of the page. This is your personal "Eating Smarter" score. On the back of the page, use your score to learn some tips and recommendations for on-going "Eating Smarter" plan. **IT'S YOUR CHOICE!**

	0 Points	1 Points	2 Points	3 points	score
Fresh or Frozen Fruit/vegetables	Eat less than 1 serving/day	Eat 1-3 serving/day	Eat 3-5 servings/day	Eat 5 or more servings/day	
CANNED Soup or Vegetables	Eat these foods 7 times/week	Eat these foods 4-6 times/week	Eat these foods 1-3 times/week	Rarely or Never eat these foods	
Bread, Grains and Cereal (rice, pasta, bread)	Eat 1 or less serving/day	Eat 1-4 serving/day	Eat 4-6 servings/day	Eat 6 or more servings/day	
Bread, Grains, and Cereal	Eat only white bread	Eat white bread, but whole grain pastas and rice	Eat whole grain bread but white rice and pasta	Eat only whole grain bread, rice, pasta and cereal	
Dried Beans and Peas	Rarely or never eat these foods	Eat these but less than 1 time/week	Eat these once a week , on average	Eat these foods twice a week or more	
Poultry (chicken, turkey, etc.)	Rarely or never eat these foods	Eat these foods once a week, generally fried never remove skin	Eat these foods 1-2 times a week and remove the skin	Eat these foods 3 or more times/week and always remove the skin	
Fish	Rarely or never eat these foods	Eat these foods occasionally but always fried	Eat these foods 1/week and never fried	Eat these foods 3 or more times/week	
Red Meat	Eat only high fat red meat (regular ground beef, sausage, lunch meats, hotdogs)	Usually eat high fat meats	Usually eat lean meat (85% lean burger, chuck, flank, round or chops)	Eat only lean or trimmed before cooked red meats	
Milk	Usually drink whole milk OR	Usually drink 2% milk	Usually drink 1% milk	Usually drink low-fat skim milk	
Milk	Do not drink milk	Drink some milk	Drink 1 cup daily	Drink 2-3 cups/day	
Dairy Foods	Eat ice cream 2 times/week or more	Eat ice cream less than 2 times a week	Eat ice milk, sherbet or low-fat frozen yogurt	Rarely eat frozen desserts	
Cheese	Eat only high fat cheese	Eat high fat cheese but eats cheese less than 2 times/week	Eat low-fat cheese (string, mozzarella, farmers)	Eat only low fat cheese instead of milk daily	
Eggs	Eat 6 more eggs/ week	Eat 4-5 eggs/week	Eat 3 egg yolks or less/ week	Eat less than 3 egg yolk/week or use egg substitutes or whites	
Fats and Oils	Always use butter, lard or shortening	Usually use butter, lard, shortening	Usually use margarine or liquid corn oil	Usually use pan spray or canola or olive oil	

	0 Points	1 Points	2 Points	3 points	score
Commercial Baked goods (cookies, donuts, cakes)	Eat these 7 times/ week or more	Eat these 5 or more times/week	Eat these 2-4 times/ week	Eat these foods only 1 time/week or less	
Salt Foods	Use salt at the table and in cooking	Cook without salt but use it at the table	Cook with salt but do not use at the table	Cook with other seasoning and do not use at the table	
Beverages	Drink Regular Pop 3 time or more/day	Drink Regular less than 3 times/day	Drink diet or unsweetened teas, etc.	Drink water to quench my thirst	
Dining Location	Eat away from home 7 or more times/week	Eat away from home 5-7 times/week	Eat away from home 1-5 times/week	Eat away from home 1 time or less each week	
TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	
YOUR –“EATING SMARTER” SCORE” (Total from all columns)					

0-17 STOP AND THINK

You probably are eating many foods that are high in fat or low in nutrients for good health. UTTC Extension Educators recommend that you eat more fresh fruits and vegetables, more whole grains, more lean meats, and get back to the “kitchen table”. When you cook, try grilling, baking, or microwaving– and ENJOY!

18-35 Getting Better

You probably are making many healthy choices as you fuel your body. However, you could do ever better by adding meals using dry beans or peas and poultry or fish. Remember good nutrition starts in the grocery store. Try cooking methods that are low in fat. ENJOY seasoning foods with vegetables, spices, seasoned vinegars, and herbs instead of fats, sauces or gravy.

36-54 Good Job

You probably are buying and eating most of the healthful foods recommended. Keep up the good work. Be creative. Make a grocery list. Cook for fun. ENJOY eating at the dining table, as often as possible.

Interested in more nutrition information or assessing your nutritional status in detail contact one of UTTC Extension Nutrition Educators or a dietitian in your community OR go to www.MyPlate.org for healthy ideas and recipes.

MY EATING SMARTER GOAL

GUIDE FOR EATING SMARTER

- 1. Get to a healthy weight**— BMI under 27 is recommended. But, even losing 7% of body weight is proven to improve health. Go slow. Think positive! Eat 3 meals a day & include: 3-4 servings fruit, 3-4 servings vegetables, 6 serving whole grain foods, 2 cups fat free milk, 6 ounces meat, 6 cups water, less than five teaspoons of fat and/or sugar a DAY.
- 2. Avoid trans-fats**— this will be hard. If the food label says “partially hydrogenated vegetables oils” the food contains trans-fats. These raise the LDL and reduce the HDL.
- 3. Eat monounsaturated fats**— If you use fat - use these in small portions. They increase HDL, but not the total cholesterol.
- 4. Fiber-up** — soluble fiber is found in oats, fruit, vegetables, and dried beans and peas. Plan your meals at the grocery store. Buy and eat fiber foods as often as possible.
- 5. Cook and eat at home** – Cooking can be fun and eating out less often saves money and is proven to be more healthful.
- 6. Exercise aerobically**— Regular exercise 20-30 minutes for at least 5 days a week helps us use the cholesterol we make and eat. Exercise fast enough to sweat and slow enough to talk. Walk, ride bike and most of all ENJOY it!
- 7. Stop smoking** — this increases your risk for heart disease.





UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

NUTRITION EDUCATION

Fruits and Vegetables

Connecting Mother Earth to Health through the Kitchen Table

LS00023

Antioxidants for Good Health – It's About the Color

Oxidation, or the **normal aging process**, allows free radicals to cause stress or damage to cells. Antioxidants, by their very nature, are capable of stabilizing those free radicals before they cause harm. Because oxidation occurs naturally to everyone as we age, we need to balance the aging process by eating functional foods which are high in antioxidants.



Degenerative diseases associated with aging, cardio-vascular disease, cognitive impairment, Alzheimer's disease, immune dysfunction, cataracts, macular degeneration, as well as cancers are found to also **be slowed if the intake of fruit and vegetables is high.**

Plant foods, such as fruits, vegetables, and whole grains contain many components that support health. These foods contain antioxidants and may delay the onset of age-related cell damage and diseases. Antioxidants are present in foods as vitamins, minerals, carotenoids, and polyphenols, among others. Many antioxidants are identified in food by their **distinctive colors** — the **deep red** in cranberries, buffalo berries, and cherries; the white of turnips, roots, onions, and potatoes; the **green** in cattail shoots, beans, and peas, the **yellow** of corn, mangos, and squash; and the blue-purple of chokecherries, Juneberries, blueberries, blackberries, and wild grapes.



Traditional foods gathered and eaten by indigenous families were filled with these antioxidant components supporting healthy bodies. These components include vitamins A, C, and E; β -carotene; the mineral selenium; and lycopene, Resveratrol, indoles, anthoxanthins, and anthocyanines.





Green fruits and vegetables

contain plant pigment called "chlorophyll." Dark leafy greens, green peppers, peas, cucumber and

celery, contain lutein. Lutein works with zeaxanthin, found in corn, red peppers, oranges, grapes and egg yolks to help keep eyes healthy, which helps reduce risk of cataracts and age-related blurring. "Indoles" in cabbage may help protect against some macular degeneration and types of cancer.

- Avocados
- Broccoli
- Green cabbage
- Green grapes
- Kiwi
- Green onions
- Peas
- Spinach
- Green beans
- Brussels sprouts
- Cucumbers
- Honeydew melon
- Lettuce
- Limes
- Green Pepper
- & Zucchini



Red fruits and vegetables

contain pigments called "lycopene" or "anthocyanins."

Lycopene in tomatoes or pink grapefruit may help reduce risk of several types of cancer. Anthocyanins in strawberries, or red grapes act as powerful antioxidants. The antioxidants are linked with healthy hearts.

- Red Apples
- Buffalo Berries
- Radishes
- Cherries
- Pink grapefruit
- Red peppers
- Red Rhubarb
- Tomatoes
- Beets
- Red potatoes
- Raspberries
- Cranberries
- Red grapes
- Pomegranates
- Strawberries
- & Watermelon



Orange/yellow fruits and vegetables

contain pigments called "carotenoids." Betacarotene in sweet potatoes, pumpkins and

carrots is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes, reducing risk for macular degeneration. Carotenoids also may be good for your heart. Citrus fruits are excellent sources of vitamin C and folate, necessary for cell growth and immunity.

- Carrots
- Lemons
- Oranges & Tangerines
- Peaches
- Carrots
- Pumpkin
- Sweet potatoes
- Yellow summer or winter squash
- Nectarines
- Papayas
- Yellow peppers
- Pineapple
- Sweet corn
- & Yams



Blue/purple fruits and vegetables

contain natural plant pigments called "anthocyanins." Anthocyanins in blueberries, grapes and raisins

act as powerful antioxidants that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease.

- Blackberries
- Chokecherries
- Figs
- Plums
- & Raisins
- Blueberries
- Eggplant
- Juneberries
- Purple Grapes

White fruits and vegetables are colored by pigments called "anthoxanthins." They may contain health-promoting chemicals such as allicin, which may help lower cholesterol and blood pressure.

- Bananas
- Ginger
- Onions
- Potatoes
- Cauliflower
- Jicama
- Garlic
- Mushrooms
- Parsnips
- Turnips



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NUTRITION EDUCATION

Fruits and Vegetables

Garden For Life!

LS00023

Garden for Eating Smarter

- Individuals and families who garden eat more fruits and vegetables simply because they are available.
- Fruits and vegetables begin to lose vitamins and other nutrients soon after they are picked. Since fruits and vegetables grown in your own garden do not have to be shipped for long distances, you are able to receive the maximum amount of nutrients that they can provide.
- By growing your own fruit and vegetables, you know that they are healthy and safe for your family to eat – likely fewer chemicals.
- Fruit and vegetables can be frozen, canned, or dried so you can enjoy them all year long.



Garden for Moving More

Gardening is great, low-impact exercise. Doctors suggest 30-60 minutes of low to moderate intensity physical activity per day in order to maintain a healthy weight and for heart health.

Typical calories burned during 30 minutes of:

- Watering..... 60
- Mowing the lawn (riding)..... 101
- Mowing (motor type)..... 182
- Mowing (push type)..... 243
- Trimming shrubs..... 182
- Raking..... 162
- Planting seedlings..... 162
- Planting trees..... 182
- Weeding..... 182
- Digging, hoeing..... 202
- Hauling rocks..... 300



Garden for Mental, Emotional, and Spiritual Well-being

- For many people, the garden is an escape from stress and an ideal place for relaxation.
- Gardening provides a creative outlet, a personal link to nature, and a sense of accomplishment from receiving the direct benefits of hard work.
- Neighborhoods using community garden projects work together to enhance and beautify the community.
- Home gardening SAVES MONEY. The value of the produce grown is around 20 times the value of the material & garden supply costs.





Container Gardening!!!

Container gardens allow you to:

- Save space
- Grow indoors near a window, on the porch, patio or deck
- Create an area for peace and tranquility
- Enhance your diet with fresh herbs and vegetables you grow
- Move your plants if they need more/less sunlight
- Water more efficiently by increasing or decreasing drainage
- Use bags of purchased soil to serve as a container garden. Cut out one side of the bag, punch holes in the other side for drainage, and plant seeds.

Best plants for container gardens

- **Greens like:** Arugula, lettuce, & Mesclun mixes (kale, Swiss chard, spinach greens)
- **Herbs like:** Basil, Parsley, Marjoram, Chives, Mint, & Rosemary
- **Snack foods Like:** Tomatoes, cucumbers and some pepper varieties



GARDEN IN YOUR SPACE

Backyard Gardening!!!

Square foot or directly into Mother Earth

Individuals and families interested in having a garden plot, one or more square feet, in their front or back yard should just do it! Begin with a small plot so you are successful. Work the soil, buy the seed, and plant your favorites. Carrots, beets, potatoes, cabbage, onions, cucumbers, tomatoes, cilantro, basil and dill all do very well in this area. Be sure you have access to water and enjoy your time with the birds, butterflies, and soil a couple times each week. Linda Hugelen and Robert Fox of UTTC Extension Agroecology Department will provide guidance, advice, and support when you have questions. NDSU Extension offers help through www.ag.ndsu.edu/burleighcountyextension/

Community Gardening!!!

If you are interested in gardening and just don't have the space consider community gardening. For information about UTTC plots at UTTC call Linda Hugelen at 221-1426. Bismarck <http://bisparks.org/facilities/community-gardens/> also offers plots. Both are great opportunities for inexpensive food, family fun, and community fellowship.

The UTTC Community Garden is dedicated to Anne Kuyper, a long time gardener who volunteered her time and ability to grow edible and beautiful things on the campus. Families may have their own plot or share the work and the produce with other families. Bismarck Plots can be found in Tatley–Eagles Park on Airport Road and Michigan Ave. Bismarck Parks and Recreation provides the land and the water. Interested individuals and families plant their garden, keep it weed free, and enjoy the harvest. There is a fee to rent the plot and Kent Morrow at 255-1344 maintains rental information.

Donate extra garden produce to a local food pantry through North Dakota's Hunger Free Garden Project. www.nd.gov/ndda/program-info/local-foods-initiative/hungerfree-nd-garden-project





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Fast Food at Home

LS00023

HEALTHY FOOD AWAY FROM HOME!

(CARRYING A COOLER OR LUNCH PAIL TO WORK OR SCHOOL, CAR TRIPS, POW WOW, CAMPING, HIKING, OR VACATION)

Sometimes we just have to carry healthy food with us. Having good food on hand at home is important. The list below is intended to be a shopping guide when you are at the store to help you remember to bring easy to use food home to fill the cupboard or refrigerator. Planning is a traditional way of life.

The food list to the right is designed to help you make sack or lunch pail meals with variety. Select one item from each column to create unique, tasty, and healthy meals on the go – whether it is during short car trips, picnics, or a way to save money by packing lunch for school or the work place.



MIX AND MATCH

Select One Item from Each of the Categories
Variety, Unique, Tasty, Healthy, and Fun in a Bag!

**Sandwich (starch, protein, filler/side)
+ fruit + treat + drink = Eating Smarter Lunch**

STARCH	Pita	Whole Grain Bread	Tortilla	Whole Grain Crackers	Sub Rolls
PROTEIN	Deli Meat	Sliced Cheese	Peanut Butter	Hard Boiled Egg	Canned Tuna or Salmon
FILLER/ SIDES	Lettuce/ Tomato/ Onion	Sprouts/ Grated Carrots/ Mustard	Pepper/ Zucchini	Broccoli/ Celery	Pickle/ Jalapeno/ Mayo
FRUIT	Orange OR Apple	Canned Fruit	Banana OR Berries	Grapes OR Seasonal Melon	Kiwi OR Grapefruit
TREAT	Small Muffin	Baked Chips	Animal Crackers	Walnuts or sun seeds	Pudding
DRINK	Skim Milk	Water	100% Juice	Tea	Infused Water

Fast Food for Occasionally?



SHOPPING IDEAS

(Keep these foods on hand so packing is easy)



“8” HEALTHY IDEAS WHEN AT A FAST FOOD RESTAURANT

- 1) Opt for grilled, broiled, or steamed. Chicken, turkey, or fish are leaner than ground beef.
- 2) Say no to special sauces, cheese, mayo and bacon. They pack the fat.
- 3) Order regular or kids meals. Big appetite? Add a salad or soup.
- 4) Pick leafy green salads, baked potatoes, veggies and baked beans. Avoid fried tortilla shells.
- 5) Need dessert—eat it rather than dressing for less fat OR share one serving.
- 6) Drink water, skim milk or unsweetened tea
- 7) Expand your definition of QUICK NOON RESTAURANTS—subs, wraps, burritos, (no sour cream) and pitas are better than burger buns.
- 8) Buy your own fast food when you grocery shop. Buy cottage cheese, yogurt, baby carrots, nuts, fresh fruit and pretzels. Take them to work and add them to your purchased sandwich.



PROTEIN

- ___ Sliced Lean Deli Meat— ham, beef, turkey)
- ___ Eggs (boil and store in carton)
- ___ Tuna or Salmon
- ___ String Cheese
- ___ Sliced Cheese
- ___ Shredded Cheese
- ___ Chicken Drumsticks
- ___ Beans (individual canned)
- ___ Nuts (peanuts, almonds, Walnuts, sun seeds, etc.)

GRAINS

- ___ whole grain bread, Rolls, Subs
- ___ Pita bread, Tortillas
- ___ Bagels or English Muffins
- ___ Rice or Pasta
- ___ Whole Grain Crackers (wheat, graham, rice)
- ___ Bread Sticks, Popcorn

VEGGIES/FRUIT

- ___ Vegetable Sticks
- ___ Baby Carrots
- ___ Whole Fruit (sale seasonal items)
- ___ Fruit Leathers
- ___ Dried Fruit
- ___ Applesauce or Canned Fruit Cups
- ___ Sweet Potato Slices

DESSERTS/ SNACKS/OTHER

- ___ Baked Chips, Pretzels (bulk or individually wrapped)
- ___ Small Sized Cookies (bulk or individually wrapped)
- ___ Frosted cereal
- ___ Pudding and Jell-O Cups
- ___ Granola Mix or Bars
- ___ Trail Mix
- ___ Zip Bags, Napkins, Plastic Flatware





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NUTRITION EDUCATION

Family Meals

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FAMILY MEALS: FOR YOU AND YOUR LOVED ONES

NUTRITIONAL BENEFITS

Regular family meals are associated with an increase in breakfast and dinner intake, as well as an increased intake of healthy things like:

- Vegetables and fruit
- Calcium containing foods
- Dietary fiber
- Magnesium
- Iron
- Zinc
- AND a decreased intake of FATS and SUGARY FOODS & BEVERAGES.

BEHAVIORAL BENEFITS

If offered on a regular basis, family meals can decrease a child's likelihood of:

- Smoking
- Drinking alcohol
- Using illicit drug use
- AND children will grow into adults with HEALTHIER FOOD & FAMILY TRADITIONS.



Family Meals....Support

1. **Traditions:** Tradition can be as simple as serving the same menu for a celebration, memorial meal, or having the children make special placemats for the table. Tomorrow will look like what is practiced today.
2. **Teaching & Storytelling:** The stories told, the teasing that is heard while sharing food, becomes your family memories.
3. **History:** Take a family picture in the same place at the same time each year. It will be a record of how your children have grown.
4. **Manners:** Teach children to politely ask for food: "Please pass the bread" and remember "thank you." Children can be taught to think "Elders first," by being at the table and quietly waiting for Elders to offer thanks or begin conversation.



Family Meals — Table Blessing

Teach everyone to give thanks to the food for giving its life for us to live. Include in your thanks the person who hunted or gathered the food and say thanks "for the hands that prepared the food."

Before eating, always take time to thank the foods. – Arapahoe

Northern Plains Table Blessing Smudging the food and self with sage, smoke we say: "We thank the Great Spirit for the resources that made this food possible; we thank the Earth Mother for producing, and we thank all those who labored to bring it to us. May the wholesomeness of the food before us, bring out the wholeness of the Spirit within us.

Reverend White Eagle



Plan Best Breakfasts

- Help prepare your children for the next day, including packing school bag and choosing clothes to be sure your child will have time to eat breakfast.
- Allow your child to pick from a variety of choices and eat the amount he or she chooses.
- Provide protein: peanut butter, eggs, or lean sausage or Canadian bacon.
- Provide fiber from whole grains: English muffins, oatmeal, toast, cold cereals, graham crackers.
- Provide fruit: banana, berries, orange wedges, applesauce, or fruit smoothie made of frozen fruit and yogurt or skim milk.
- Provide calcium: low-fat milk, yogurt, cheese.
- Enroll in School Breakfast Program.



Plan Delightful Dinners

- Pack noon lunches together. Let kids know that what they are carrying to school—you will be eating while at work.
- Enroll children in the School Lunch Program. It's inexpensive, healthy and easy. Check out the free or reduced meal plan.
- Keep meals a priority for both you and your children even on the weekends. Eat lunch together—create conversations that all may take part in. Try to not complain, argue or reprimand.
- Keep a positive vibe; respect one another by saying please and thank you. Good manners learned at the kitchen table, last a lifetime and may even help when children apply for employment, later in life.



Plan Super Suppers

- Make it with love. Allow kids to participate in meal planning and preparation according to their skill and ability levels. Use their input when making weekly menus prior to weekly grocery shopping.
- Make meals that are simple to prepare and ready soon after work and school. Take advantage of easy to use products like jarred spaghetti sauce and precooked chicken. Include at least “2” of the original “fast foods” in your meals - fruit and vegetable.
- Use “weekly menu nights”
EXAMPLE: Tuesday= potato bar, Sunday=pizza night, or Friday = soup & bread & board game night.
- Do jumping jacks with the kids or play a game outdoors, while supper is in the oven.
- Plan ahead by cooking in a crock pot. Supper will be ready when you get home after work and school. Use the extra time to play outside, do laundry, do homework, or take the dog for a walk.
- Ignore the dishes, go for a walk or bike ride after supper and do dishes later.





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Heart Health

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GET ACQUAINTED WITH YOUR NUMBERS! TOTAL CHOLESTEROL, LIPID PROFILE, BLOOD SUGAR, BLOOD PRESSURE, BMI, WAIST CIRCUMFERENCE?

- Lowering your cholesterol level can significantly reduce risks for heart disease.
- For every 1% cholesterol is lowered, the risk for heart disease drops by 2%.
- Screening at a clinic or UTTC Wellness Center and counseling from the UTTC Extension Nutrition Educators will be beneficial

What are the Goal Numbers?

CHOLESTEROL is found in every human body. Our liver makes cholesterol every day and we get it in the foods we eat! Too much cholesterol in our blood affects our risk for heart disease. Cholesterol levels are best if they are under 200.

HDL (High density Lipids) is often called “healthy” or “good” cholesterol. HDL is associated with lower risk for heart disease. HDL levels are best if they are over 60.

LDL (Low density Lipids) is often called “lousy” or “bad” cholesterol. LDLs cause cholesterol to stick to blood vessel walls and form plaque, which can slow blood flow. LDL levels are best if they are under 100.

TRIGLYCERIDES are another name for fats and can lead to health problems. Goal is to be under 150.

BLOOD PRESSURE is important. Strive for less than 120/80. See your doctor if it is higher than 140/90.

FOODS That Can impact heart health?

CHOLESTEROL: Meat, poultry, fish, milk fat and egg yolks.

SATURATED FAT: Animal foods like meat, cheese, butter and plants like coconut and palm oil. Fat that is solid at room temperature is saturated fat.

MONOUNSATURATED FAT: Plant fats like olive and canola oils, peanut butter, nuts, avocado. Often called “good” fat, they may help lower LDL.

POLYUNSATURATED FAT: Plant fats like corn, safflower, sunflower and soybean oils and soft margarines.

OMEGA-3 FATTY ACIDS: Fatty fish like tuna and salmon and flax seed. THESE ARE GOOD FATS and slow disease.

TRANS-FATTY ACIDS: Double the trouble. Raise the LDL (bad cholesterol). Found in fast-food fries, donuts, and many brands of cookies, crackers, and some margarine.

#1. How you are eating now! Ask the UTTC Extension Nutrition Educator or your local dietitian to help you assess your eating habits. You may print out the “Eating Assessment Sheet” under resources on the UTTC Land Grant website. Using the “Eating Assessment Sheet” your goal is to make changes slowly and score “3” in each category.

#2. Add more soluble fiber to your diet. Soluble fiber helps fats move out of the vessels. Adults need over 20 grams of fiber each day. DRIED BEANS (red, black, navy, Great Northern, pinto, and all lentils, etc.) are the best source of soluble fiber.

Buy beans in cans or bags. Advice is to have at least one meatless day a week and eat main dishes that include beans – bean soup, baked beans, refried beans, meatless chili, etc. WHOLE GRAINS – don’t be fooled by the color of the bread. The ingredient label or package must state “Whole Grain”.

#3. More Matters when it comes to fruit and veggies. Heart health is supported by planning to eat 5 to 9 servings of fruit or veggies from various colors every day.

#4. Eat small portions (size of a deck of cards) of protein foods from a

variety of sources. Beans 1-2 times each week, eggs once a week, fish 1-2 times each week, poultry 1-2 times each week. This balance will help to keep lean red meats to a minimum, but still ensure adequate iron and include your favorite meats.

#5. Calcium choices should be low in fat. Non-fat milk is preferred for everyone over age 2 years. White cheeses are generally lower in fat. Think about yogurt and soy or nut milks.

#6. Snacks - use nuts to get healthy fats, whole grain crackers/cereal and pretzels.



EXERCISE NEEDED FOR A HEALTHY HEART!

Core strength.....When fitness experts talk about strengthening your core or trunk, they're referring to a group of muscles that includes your abdominals, pelvic and back muscles.

Your core is the center of gravity and essential for functional fitness. Improved core strength helps keep your body aligned during other fitness activities like running and dancing, as well as when you sit at your desk or haul groceries.

Many exercises to improve core strength require no equipment other than your body weight. Every little bit counts – how about some exercise breaks at work?

Chair Squats: Periodically while sitting, lift your butt off the seat and hover over chair for 2-3 seconds. Stand up and repeat. **Dips:** Make sure your chair is stable and place your hands next to your hips. Move your hips in front of chair and bend your elbows, lowering your body until your elbows are at 90 degrees. Repeat.

Abs: Sit on the edge of your chair, arms extending in front. Keeping back straight, contract the abs and slowly lower your torso towards the back of the chair. Hold 2-3 seconds and repeat. **Curls:** Cross your arms over your chest and sit up straight.

Pull abs in and curl your shoulder towards your hips, pulling abs in. Hold for 2 seconds and repeat.

DANGER—TOO MUCH SCREEN-TIME IS BAD FOR YOUR HEART !

Everyone sits too much. Screen time refers to TV, video games, computer time and DVD movie time. Families and individuals are encouraged to get movin'.

1. Adults need to move their body 30 minutes all or most days of the week – 10 minutes three times a day counts!
2. Encourage children to be active 3 or more hours everyday —with a minimum of 60 minutes of very busy activity everyday.
3. Limit your child's screen time to 2 hours or less each day. 4. TV is not a good dinner guest. Shut the TV off. Enjoy family meals whenever possible.
5. Keep TVs or computers out of bedrooms. Bedrooms are for sleepin' and heart health is connected to a well rested body and mind.

REMINDER! A 30 minute walk is proven to improve physical appearance and health, as well as, support a healthy mental attitude and reduce stress.

TOBACCO DAMAGES BLOOD VESSELS!

If you smoke, QUIT!

Contact UTTC Wellness Center
OR

Call: QUITLINE 1-866-388-7848 OR www.nd.quitnet.

COLOR FROM FRUIT AND VEGETABLE IS GOOD FOR YOUR HEART

Certain phytochemicals from the color may stop the cellular damage which slows the aging process of the body's cells, lowers the risk of heart disease, and inhibits the growth of cancer cells. Some phytochemicals can mimic or alter hormones. Phytochemicals that act in this way provide benefits like lowered cholesterol, strong bones, healthy heart muscles, and relief from hot flashes. EAT A RAINBOW of Fruit and Veggies everyday: Red, Yellow/Orange, Blue/Purple, White, Green. www.healthynd.org/in_season.html





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Photochemicals and Native Plants

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COLOR WHEEL OF FOODS & PHYTOCHEMICALS

COLOR GROUP	PHYTOCHEMICALS	FRUITS AND VEGETABLES	CULTURALLY IMPORTANT PLANT FOODS
Red	Lycopene Phytoene Phytofluene Vitamin E	Tomatoes Tomato Sauce Vegetable Juice Tomato Soup Watermelon	Wild Rose Petals Wild Rose Hips Hidatsa Beans Buffalo Berries
Green	Glucosinolates Isothiocyanates Indole-3 Carbinol Folic Acid	Broccoli Brussel Sprouts Bok Choy Cauliflower Cabbage	Peppermint Mint Stinging Nettles
Green/Yellow	Lutein Zeaxanthin	Spinach Avocado Kale Green Beans Green Peppers Kiwi Collard Greens	Wild Onion Lambs Quarter Prickly Pear Cactus
Orange	Alpha & Beta Carotene Beta-Cryptoxanthin	Carrots Pumpkins Butternut Squash Mangos Apricots Cantaloupe	Low bush cranberries
Orange/Yellow	Vitamin C Flavonoids	Oranges Tangerines Yellow Grapefruit, Peaches Lemons Limes Papaya Pineapple Nectarines	Squash Sahnish Corn Sunflower
Red-Purple	Anthocyanins Ellagic Acid Flavonoids Resveratrol	Grapes Cherries Strawberries Blueberries Blackberries Raspberries Cranberries Plums	Wild Plum and Grapes Chokecherry Juneberry Gooseberry Wild Raspberry Sand Cherry
White/Green	Allyl Sulfides (allicin)	Garlic, Onion Chives	Prairie Turnip Cattail Shoots
Brown		Mushrooms, Acorn, Curly Dock, Wild Rice	





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UTTC Lifeskills Lessons – Relationships & Family

Lesson 23: Food and Family Meals

LS00023

FOOD AND FAMILY MEALS

OBJECTIVES:

1. To share the value of family meals and the impact on children and society.
2. To allow participants to share favorite food and family meal memories.
3. To introduce the idea of food sovereignty.
4. To share handouts and how to access nutrition resources for families.
5. To discuss food helper resources, their benefit, and impact on family budgets.

PROCEDURE:

1. Write the Objectives on the board.
2. Distribute Lesson 23 Talking Sheet - Food and Family Meals.
3. Ask for a volunteer to open the session with prayer, offer a prayer thanking the creator for food and the relationship food brings, or open the session with a moment of silence.
4. Introduce benefits of family meal and breastfeeding.
5. Allow participants to share their favorite food and family meal memory.
6. Offer one or more of the Lesson 23 supporting handouts, based on memories shared.
7. Introduce the idea of food sovereignty and discuss ways to build individual food sovereignty (gardening, meal planning, seed saving, food access).
8. Guide conversation relating to food helper programs, access, participation and referral information.
9. Distribute and collect Lesson 23 Evaluation.

RESOURCES FOR INSTRUCTION SUPPORT:

- www.eatright.org
- www.myplate.org
- www.hungerfreend.org
- www.uttcc.edu/extesnion/resources
- Lesson 23 handouts (Found at the uttcc.edu/extension/resources)
- Become aware of local food helper programs locations and contact information including adily or weekly free meal options.

TIME:

50 minutes



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UTTC Lifeskills Lessons – Relationships & Family

Lesson 23: Food and Family Meals

LS00023

On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.

Not Confident

Very Confident

Please rate how confident you are in promoting family meals to others.

1 2 3 4 5

Please rate if your knowledge increased relating to food helper programs.

1 2 3 4 5

Please rate how confident you are in building a food sovereignty plan for yourself or your family .

1 2 3 4 5

Please rate how confident you are in accessing resources relating to food choice or nutrition through UTTC Extension or other provided resources.

1 2 3 4 5

Please rate how comfortable you were in sharing food memories.

1 2 3 4 5

New things I learned or understand better because of the lesson

Comments

EVALUATION