

# PRESERVING INDIGENOUS FOODS

▶ Growing our own food connects us to the Earth, to each other, and to a traditional lifestyle that was free from chronic diseases and cancer. Food preservation can be an effective, cost-saving way to enjoy our healthy Indigenous foods all year long, even after harvest season ends.

## TYPES OF FOOD PRESERVATION ▼



**DEHYDRATION** removes enough moisture from food so bacteria, yeast, and molds cannot grow. Dehydration methods include the use of:

- ▶ Dehydrators
- ▶ Oven drying
- ▶ Sun drying: not recommended for places with high humidity and low overnight temperatures
- ▶ Air drying
- ▶ Microwave drying

**INDIGENOUS FOODS TO DEHYDRATE:**  
corn, berries, peppers, squash, tomatoes, wild game (deer, buffalo, moose, elk), fish, apples, teas, chiles

**CANNING** creates an environment that removes oxygen and destroys active food enzymes, preventing the growth of undesirable microorganisms. It's important to follow proper canning techniques to help prevent the growth of harmful bacteria. Consider the following before you begin canning:

- ▶ Quality of produce: high quality, freshly washed foods are recommended
- ▼ **ACIDITY:** acids like lemon juice or vinegar can help prevent the growth of unwanted microorganisms
- ▼ **EQUIPMENT:** ensure jars, lids, and other equipment are functional and are sterilized properly

**INDIGENOUS FOODS TO CAN:**  
beans, beets, corn, carrots, potatoes, berries, fish, pumpkin, squash, bone broth

**PICKLING** is a relatively easy process for preserving certain vegetables using acid, spices, and sugar. Each vegetable has different pickling needs. Be sure to follow recipes for specific vegetables from a reputable source such as the National Center for Home Food Preservation.

**INDIGENOUS FOODS TO PICKLE:**  
asparagus, green beans, peppers, radishes, zucchini

**FREEZING** is a quick and convenient way to preserve fruits, vegetables, and meats.

For fruits and vegetables, it is important to freeze produce at their peak degree of ripeness. Some may need to be pretreated before freezing, which can require: adding ascorbic acid (vitamin C) or blanching

Airtight containers that are vapor and moisture proof are recommended for freezing. Rigid plastic containers work well, especially for freezing liquids. Freezer bags are also a great option for fruits, vegetables, and meat.

**INDIGENOUS FOODS TO FREEZE:**  
broccoli, cauliflower, cabbage, onions, nuts, mushrooms, squash, corn, wild game and fish

# You Can Help Your Family Lower Their Cholesterol

When you go to the clinic and get your cholesterol level checked, your health care provider will talk to you about your cholesterol numbers and what they mean.

The reason these numbers are important is because having cholesterol in target ranges means you have less risk for heart disease.

But no matter what the numbers are, you can improve you and your family's overall health, and reduce everyone's risk for heart disease. As a family, start doing these four things:

1. Walk at least 30 minutes, five days a week.
2. Eat foods high in fiber like beans, broccoli, apples, and whole grains like oatmeal.
3. Eat fewer high-fat foods.
4. Stop smoking, or if you don't smoke, don't start.

Call your health care provider today to get your cholesterol level checked. Make the four steps listed above parts of your family's healthy lifestyle.



## Basic Bean Soup Recipe

### Ingredients:

- 3 tablespoons olive or Canola oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin
- 2 - 3 cloves garlic, diced
- 2 (14 1/2 ounce) cans black beans, rinsed
- 2 cups chicken or vegetable broth
- salt and pepper
- 1 small red onion, chopped fine
- 1/4 cup cilantro, chopped

### Directions:

1. In a large pot, sauté onion in oil until cooked.
2. Add cumin.
3. Cook 30 seconds, then add garlic and cook for another 30 to 60 seconds.
4. Add the black beans and vegetable broth.
5. Bring to a simmer, stirring occasionally.
6. Add salt and pepper to taste.
7. Serve with garnish of red onion and cilantro

You can add carrots, celery and squash to make this an even healthier dish! In step 1, sauté cube-sized vegetables with the onion, then continue with the rest of the steps.



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Division of Diabetes  
Treatment and Prevention,  
[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)

# Healthy Eating on a Budget

Diabetes Information for You and Your Family

## Did you know ?

Healthy eating is an important part of managing diabetes. Eating healthy doesn't mean you need to buy costly foods. Many of the foods you already prepare for yourself and your family are healthy.



## What are healthy foods?

- ✓ Foods in a more natural state
- ✓ Foods low in sodium and added sugars
- ✓ Fresh, grown, and gathered foods
- ✓ Fruits and vegetables—fresh, frozen, or canned

### Examples include:

#### Vegetables:

Carrots, leafy greens, peppers, squash, onions



#### Proteins:

Beans, eggs, meat, fish, poultry, nuts



#### Whole Grains:

Whole grain corn meal, bread and pasta, wild and brown rice, oats



#### Fruits:

Apples, bananas, oranges, berries



## Ways you can eat healthy and save money

### 1 Plan your meals

- ❖ Think about the foods that your family enjoys. Start planning with one meal, such as dinner.
- ❖ Start by writing your meal ideas down.
- ❖ Consider using a [Weekly Meal Plan](#).
- ❖ Plan easy-to-make meals for when you won't have a lot of time.

### 2 Make a grocery list

- ❖ Keep an ongoing list of foods you need.
- ❖ Check to see which foods you have on hand.
- ❖ Limit adding costly processed foods such as chips, cookies, donuts, soda pop, and packaged meals.



Produced by the IHS Division of Diabetes Treatment and Prevention  
For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)  
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Take a picture with your cell phone.  
Look at the picture later as a reminder!



# More ways you can eat healthy and save money

## 3 Plan your shopping trip



- Take a freezer bag or cooler if you are far from home.
- Check the store ads for sales. Join the store's loyalty program for offers and discounts.
- Eat before you shop. It helps you stick to your list.

## 4 Save money while you shop



- Look for in-store markdowns.
- Buy store brands. They taste similar to name brands, but cost less.
- Buy fruits and vegetables in season. See - [Seasonal Produce Guide](#).

## 5 Cook at home



- Eat healthier and save money by cooking at home.
- Cook traditional foods with family to celebrate culture.

## ❖ Helpful Tips

- Buy healthy foods in bulk. Divide into servings and store.
- Rinse canned vegetables to remove added salt.
- Frozen and canned vegetables are easy to add to meals.

## ❖ Getting enough healthy foods

Sometimes it may be hard to get enough healthy food. Consider a family garden, joining a community garden, hunting, or gathering what you can from the land and water.

Learn about nutrition assistance programs. Your healthcare team may know about food support options such as:

- Food pantries and/or farmer's markets.
- [Federal Food Assistance Resources](#).
- USDA National Hunger Hotline:  
**1-866-3-HUNGRY (1-866-348-6479)**

## Healthy Recipes

[Get Fresh! Cooking](#) – Recipes from the Chickasaw Nation and USDA.

[MyPlate Kitchen Recipes](#) – Videos, seasonal recipes, food safety and more.

[Diabetes Food Hub](#) – Friendly recipes from the American Diabetes Association.

[Spend Smart-Eat Smart](#) – Ways to cut food costs. Iowa State University Extension & USDA.

## Sample Grocery List



- ☐ Vegetables
- ☐ Fruits
- ☐ Wild or brown rice
- ☐ Whole grain cereals and breads
- ☐ Eggs
- ☐ Beans
- ☐ Chicken or turkey
- ☐ Fish
- ☐ Beef or Pork – leaner cuts: round and loin







# Can you taste the **LOVE?** *Bringing Healthy Dishes to Gatherings Shows You Care*

**T**he problem with food is that it isn't just food. Imagine mashed potatoes. Or, for the Native people living around Tucson, imagine enchiladas. Now, think about tenderly mashing those potatoes. Think about enfolding goodies into the enchiladas. What does it feel like to do that? It feels good! You are putting love in those potatoes and enchiladas. Therein lies the problem. We all know that certain foods are "special." They are comfort foods. They settle us down, cheer us up. We take a bite, then another. We can feel the love.

**Virginia Vasquez (Yaqui)** has an enchilada story. Her grown son comes home for a visit. Virginia, who has been learning about heart-healthy meals, immediately gets busy. Two hours later, she is setting a plate of enchiladas on the table. Her son says, "Mom, I haven't had these in a long time!"

Virginia knows enchiladas have a lot of fat. But she is happy to make her son happy.

## What's a mom to do?

We want to give our children, our partners, our community members, something they will gobble up. When **Josephine Ramon (Tohono O'odham)** goes to gatherings, she often brings food she thinks everyone will really like. "I think about what they will like, instead of what is good for them."

Then Josephine remembers a gathering when someone brought a salad garnished with cholla (cactus) buds. These used to be common food. They made the salad special. "It was just a regular green salad with cholla buds," says Josephine. She loved it.

The cholla buds are proof. You can put love in the food, have people really enjoy the dish, and have it be good for them. Says **Debra Gunter-Lockhart (Eastern Cherokee/Hopi)**, "When I go to a gathering and see healthy food, I feel great





"At one gathering, someone made a macaroni salad without any mayonnaise. It just had macaroni and chopped vegetables. It was good."  
Josephine Ramon  
(Tohono O'odham)

because someone was thinking about me."

**Sara Garcia (Tohono O'odham)** agrees. "I'm not supposed to have salt. So when there are dishes that don't have salt, I'm glad." Sara says she likes it when the food is unsalted, and those who want added salt use a salt shaker.


It's a conflict. We are still making not-so-healthy-foods and bringing them to gatherings. Yet, if healthy foods are available, we choose those

and are thankful. Virginia, Josephine, Debra and Sara started thinking about some healthy foods that they would enjoy eating at gatherings. First the list was short: a lower-fat corn dish. Something with prickly pear in it. But, the more they thought about it, the longer the list grew. All agreed,

chopped vegetables. It was good."

Debra remembered a gathering where there were many low-fat, low-sugar, and low-salt dishes grouped together. Others mentioned seeing labels saying "no sugar" or "no salt." They appreciated these labels.

If there was one dish at a gathering that Sara would choose, it would be Indian spinach. "You have to gather it in the fields," she says.

So before you attend the next gathering, consider this: There is love in a cholla bud. There is love in a bowl of wild spinach, mixed with onion, tomatoes, and beans. And, there is love in bringing a healthy dish to a gathering, for all to share. 



"I'm not supposed to have salt. So when there are dishes that don't have salt, I'm glad."  
Sara Garcia  
(Tohono O'odham)

that, instead of fried chicken and macaroni and cheese, they would gladly choose roasted chicken, green salad, fresh fruit, beans without lard, sugar-free Jell-O, grilled fish, grilled veggies, squash soup, and any Native, traditional food.

The list sparked Josephine's memory. "At one gathering, someone made a macaroni salad without any mayonnaise. It just had macaroni and



"When I go to a gathering and see healthy food, I feel great because someone was thinking about me."  
Debra Gunter-Lockhart  
(Eastern Cherokee/Hopi)







## For Your Next Gathering



INSTEAD OF THIS:	BRING THIS:
Beef stew	<i>Venison stew</i>
Fried chicken	<i>Baked chicken with rosemary and sage seasoning</i>
Ground beef chili	<i>Vegetarian chili with zucchini and carrots</i>
Mashed potatoes	<i>Mashed yams sprinkled with chopped pecans</i>
Macaroni and cheese	<i>Beans without lard sprinkled with a little cheese</i>
Fry bread	<i>Hand-made whole wheat tortillas</i>
Cake	<i>Sliced fresh fruit with berries</i>
Pop	<i>Indian tea</i>

Angie Farnsworth (Diné/ British) made a low-salt soup for a gathering. "The squash came from my cousin's garden. The beans are Colorado River beans. The corn is Hopi white corn."



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# MY NATIVE PLATE

**Fruit**



**Water**



**Grain/  
Starch**



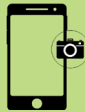
**Use your plate as a guide to help you eat in a healthy way!**

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

**Pictured here:**

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



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**Vegetables**



**Protein**

**Remember:**



**Stay active**



**Drink water**



**Use a 9-inch plate**

**Notes:**

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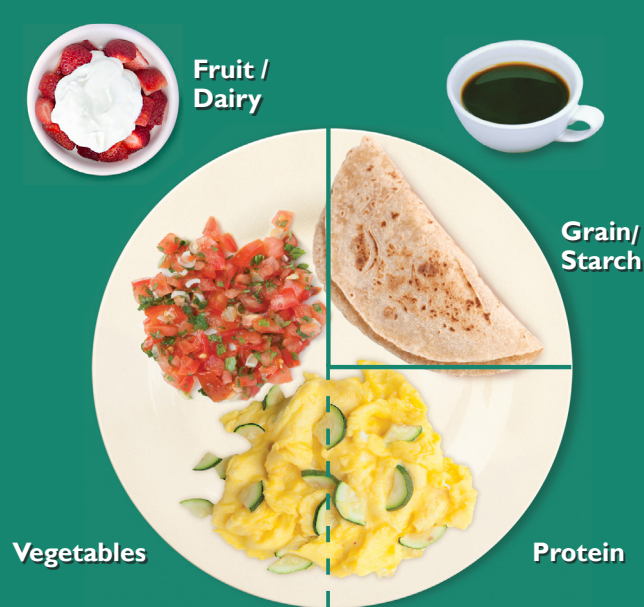
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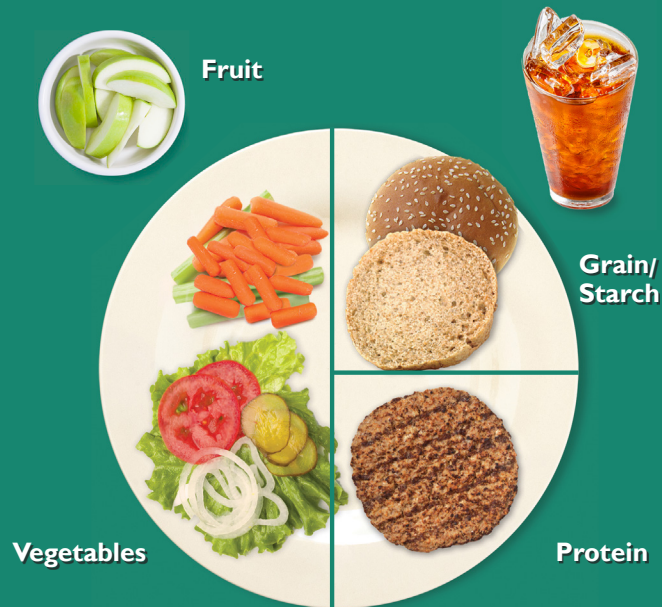
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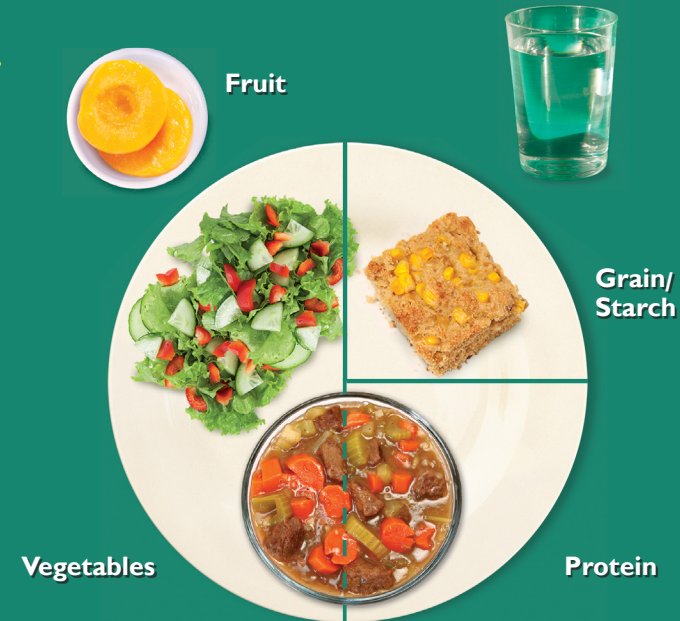
# More Ideas for MY NATIVE PLATE



**Pictured here:** Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee



**Pictured here:** Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea



**Pictured here:** Peaches, salad, beef and vegetable stew, cornbread, water

## Ways to Add Variety to Meals and Snacks

### Vegetables and Fruits

#### Tips

- Stock up on fresh, frozen, and canned vegetables and fruits.
- Keep fruits and vegetables on hand for snacking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Enjoy fruit as a dessert.

#### Examples

**Vegetables:** Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra

**Fruits:** Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

### Proteins

#### Tips

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

#### Examples

**Animal proteins:** Fish, wild game, bison, poultry, mutton, beef, pork, eggs

**Plant proteins:** Beans, lentils, nuts, nut butters, seeds, tofu, soy products

**Dairy proteins:** Milk, lactose free milk, yogurt, cheese, cottage cheese

### Grains and Starches

#### Tips

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

#### Examples

**Grains:** Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

**Starchy vegetables:** Potatoes, corn, green peas, winter squash



# Tips for Managing Blood Sugar

Did you know ?

**Living well with diabetes is possible!**

There are things you can do to help you stay healthy.

1

**Choose water instead of sugary drinks.**

2

**Make healthy food choices.**

Use your plate as a guide.

- Fill half of your plate with vegetables.
- Fill the other half of your plate with a grain/starch and a protein.
- Add a side of fruit.

3

**Do something active every day.**

- Choose an activity that you enjoy.
- Wear comfortable clothes and shoes.
- Ask a friend or family member to join you.

4

**Find healthy ways to reduce stress.**

Stress can raise your blood sugar. Below are some ideas that may help you feel less stressed.

- Talk with others.
- Go for a walk in nature.
- Spend time on a hobby such as beading or gardening.



**Ask your medical provider if the following is right for you:**



Checking blood sugar



Taking medicines



# Whole Wheat Fry Bread

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Recipe adapted from *What's Cooking, Healthy in Warm Springs*, Sara Lee Thomas, MS, RD and Edison Yazzie

**Prep Time:** 10 minutes

**Cook time:** 15 minutes

**Serves:** 8 small fry breads, 8 serving

## Ingredients:

- 2 cups whole wheat flour
- 1 cup white flour
- 3 tablespoons powdered milk
- 1 tablespoon baking powder
- 1 teaspoon salt (optional)
- 1 1/2 cups warm water
- canola oil for frying



The whole wheat fry bread in this photo was made by Julie Jojola, IHS DDTP staff. She noted that, by using canola oil instead of other oil, there was less odor while frying. The fry bread had a light, whole wheat taste.

## Directions:

1. Mix dry ingredients in a bowl and gradually add water to make a dough.
2. Knead the dough until it forms a ball and comes clean from the edge of bowl.
3. Cover with a cloth and let it sit for 30 minutes.
4. Pour 3/4 inch of canola oil into a deep frying pan and heat on medium. You can test the temperature of the oil by putting a small pinch of dough into it. If the oil is ready, the dough will rise immediately to the top.
5. Divide the dough and knead into 8 round balls.
6. Roll the dough balls into flat circles, or pat them between your hands and stretch them out while turning them clockwise. Continue stretching until the dough is 1/4 to 1/2 inch thick. With a fork, poke a few holes in the flattened circles of dough.
7. Carefully slide each flattened dough into the hot oil to avoid splashes.
8. Slightly lift the fry bread pieces with a fork to check the bottoms. When they are brown, lift each fry bread and turn it over.
9. When both sides are brown, remove the fry breads from the pan and put them in a baking pan lined with paper towels to drain excess oil and cool.

## Nutrition Information

Calories: 240, Total fat: 10g, Saturated fat: 1g, Sodium: 220-510mg, Carbohydrate: 35g, Fiber: 4g, Protein: 6g



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