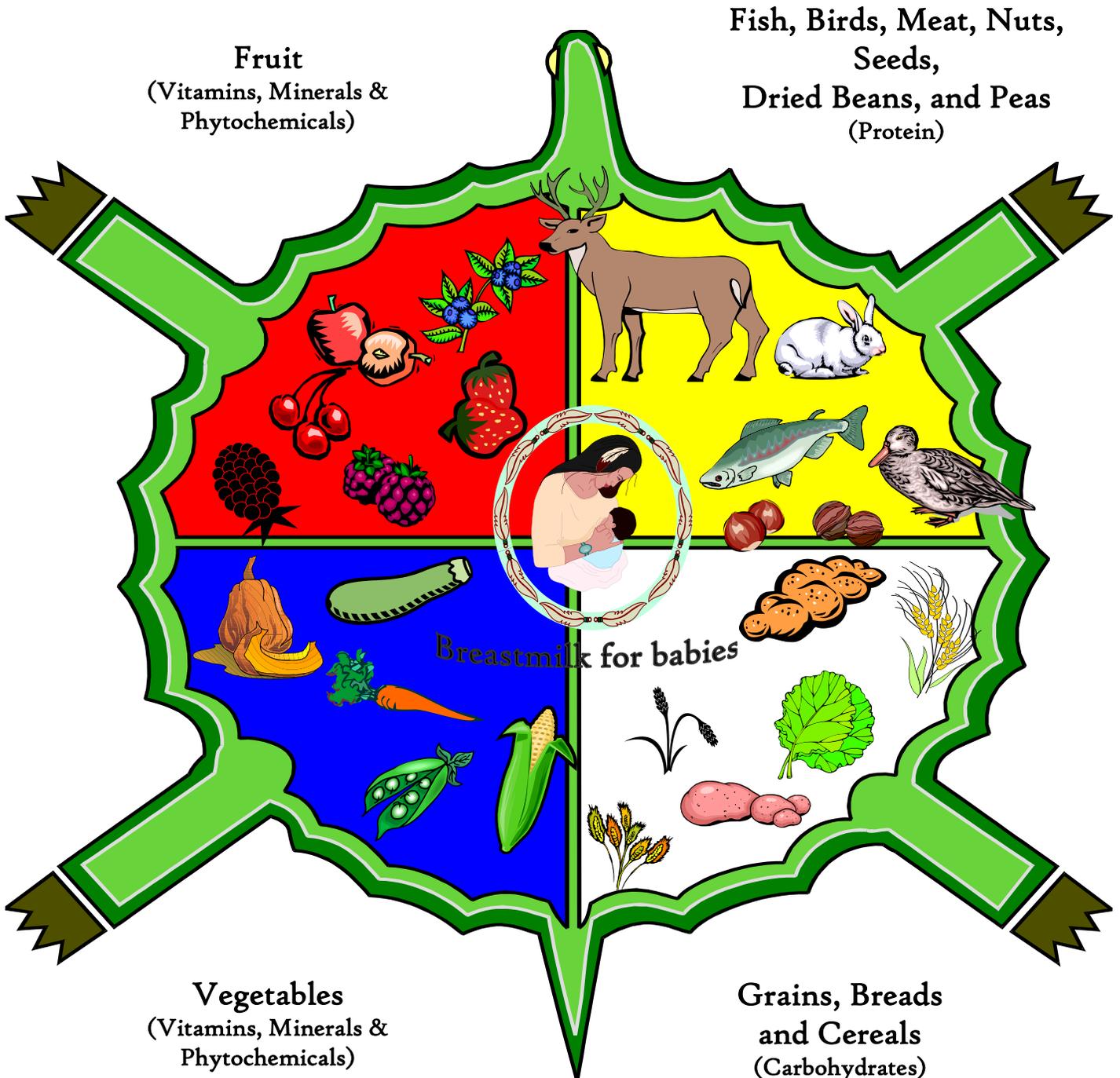


NATIVE FOOD CIRCLE:  
CHOICES FOR A HEALTHY LIFESTYLE



Dairy products were not a traditional food.  
See the back for additional information on  
calcium sources.

## Native Food Circle Daily Food Guide Recommended Number of Servings per Day

<b>Food Group:</b> Count as one serving:	Sedentary Adults and Children Ages 1 to 4 years	Children Ages 5 to 12 years	Active Adults and Teens	Pregnant or breast-feeding Women or Teens
<b>Grains, Breads, Cereals:</b> 1 slice bread, 1 roll, ½ bun or bagel, ½ cup cooked rice, pasta, cereal	6	6-9	9-11	9
<b>Vegetables:</b> ½ cup cooked, ¾ cup vegetable juice, 1 cup raw leafy vegetable	3	3-4	4	4
<b>Fruit:</b> ½ cup small pieces of fruit, ¾ cup fruit juice, 1 medium fruit, ¼ cup dried fruit	2	2-3	3	3
<b>Fish, birds, meat, nuts, seeds, dried beans or peas:</b> 2-3 oz. cooked lean meat, fowl, or fish, ½ cup nuts or seeds, 1 cup cooked dried beans or peas.	2	2	2	3

**Breast milk:** Breast milk for all infants from birth to one year or older. Solid foods introduced around 6 months of age.

**Dairy:** Dairy products were not a traditional food. They provide calcium and vitamin D. Some native people cannot tolerate dairy products because the person lacks an enzyme that breaks down the "milk sugar" or lactose. Native people obtained calcium from alternate sources such as bone soup or broth, fish head soup, salmon with the bones, coush, camas, or wild carrots, oysters or clams, leafy greens like dandelion leaves. Today, calcium fortified orange juice, leafy green vegetables, dried beans, canned salmon with the bones or supplements can help Native people get the right amount of calcium. If you tolerate dairy products, 2-3 servings a day are recommended. One serving equals 1 cup of milk, 1 1/2 oz. cheese, 1 cup yogurt, 2 cups cottage cheese.

**Water:** Water is a natural resource and given to Native people by the Creator. Teas were made with a variety of plants. 8-10 glasses of water a day are recommended.

**Extras- Fats and Sweets:** These foods provide lots of extra calories, but very few of the vitamins and minerals needed by the body to function well. Foods like butter, margarine, salad dressing, soda pop, kool-aid, sport drinks, pies, cakes, desserts, sugar, honey, candy, fried foods, chips or fry bread are recommended in very small amounts. Traditional fats and sweets include animal fat, fish oil, honey and maple syrup.