

February

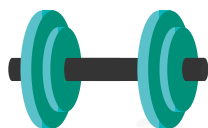
Heart Health & Traditional Foods



Strong Hearts, Balanced Living

Heart health supports energy, strength, and longevity.

Traditional foods and daily movement help keep the heart strong.



Physical

- Build meals with more whole foods: vegetables, beans, fish, lean meats, and whole grains
- Choose water or unsweetened drinks most days
- Walk, stretch, or dance for 10-30 minutes, even in short breaks



Mental

- Learn one new heart-health food or recipe this month
- Notice how different foods make your body feel after eating



Emotional

- Share a meal with family, friends, or community when possible
- Check in with yourself and other about stress and rest



Spiritual

- Offer gratitude before meals
- Spend time outside, even briefly, to reconnect and rest



KNOQOTI
NATIVE WELLNESS, INC.

Fats and Heart Health

Diabetes Information for You and Your Family



Fat provides energy for the body. Native people hunted and harvested food like buffalo, seal, fish, nuts, and seeds that provided “good” fats. As food choices changed over the years, so have the kinds of fats we eat. Today, our food includes more of the fats that may cause heart disease. Heart disease is more common among people with diabetes.

Heart-Healthy Fat Choices

Types of Fat

Saturated fats raise cholesterol levels, which is a risk for heart disease. Saturated fats are found in animal products and tropical oils. These fats are solid at room temperature.

Unsaturated fats can help lower LDL (bad) cholesterol and provide nutrition. They come from plant oils and fatty fish. Unsaturated fats are liquid at room temperature.

Good to know

- ❖ Fats have more calories than carbohydrates and protein. For example:
 - 1 gram of fat = 9 calories.
 - 1 gram of carbohydrate or protein = 4 calories.
- ❖ Eating large amounts of fat can lead to weight gain.

Eat less

↓

Saturated Fats

- Animal Fats**
 - Beef and pork
 - Bologna, sausage and bacon
- Dairy**
 - Whole milk and cheese
 - Butter
- Tropical Oils**
 - Coconut
 - Palm oil

Replace with

↓

Unsaturated Fats

- Fatty Fish**
 - Salmon
 - Sardines
- Other Foods**
 - Nuts and seeds
 - Avocados
 - Nut butters
- Liquid Oils**
 - Olive
 - Canola
 - Peanut
 - Safflower
 - Sunflower
 - Corn
 - Soybean

Limit foods high in saturated fat.

Use foods rich in unsaturated fat in place of foods high in saturated fat.

Nutrition Facts

4 Servings Per Container

Serving Size 1/2 cup (115g)

Amount per serving

Calories 250

% Daily Value*

Total Fat 14g 22%

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 160mg 7%

Total Carbohydrate 37g 12%

Dietary Fiber 4g 16%

Total Sugars 20g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts Label

The Nutrition Facts label can help you learn about nutrients in foods and drinks.

Saturated Fat

Look for the amount of saturated fat in grams (g) and the percent (%) Daily Value of saturated fat in a serving.

In this example, the grams of saturated fat is 9 g, and the Daily Value is 45% in this serving. For this food, the amount of saturated fat is high.

Eat less than 20 g saturated fat daily, and remember:

Low saturated fat means

- ❖ 1 g saturated fat or less per serving
- ❖ 5% daily value or less per serving

High saturated fat means

- ❖ 3.5 g saturated fat or more per serving
- ❖ 20% daily value or more per serving

More Ideas for Heart-Healthy Eating

- ❖ Eat plenty of fruits, vegetables, whole grains, low-fat dairy, poultry, fish, and nuts.
- ❖ Limit fatty red meat. Choose buffalo, moose, elk, deer, or caribou when you can.
- ❖ Eat fish twice a week. Salmon, sardines, and tuna contain "good" fats.
- ❖ Decrease how much salt you use. Check the Nutrition Facts label for the amount of sodium (salt) on packaged and fast foods. The recommended daily amount for sodium is 2300 mg.
- ❖ Limit sugary foods and drinks.
- ❖ Grill, stir fry, bake, boil, roast, or slow cook food.



What about eggs?

Eggs are rich in protein and nutrients. They are low in saturated fat with 1 gram per egg. If you eat eggs, limit them to 7-12 eggs per week.

MY NATIVE PLATE

Fruit



Water



**Grain/
Starch**



Vegetables

Protein

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

Free Diabetes
Education Materials
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Produced by:

Indian Health Service, Division of
Diabetes Treatment and Prevention.
11/2024



Remember:



Stay active



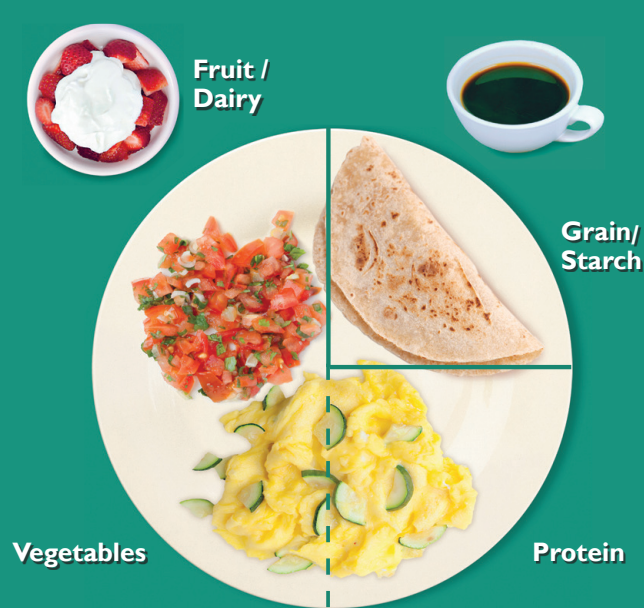
Drink water



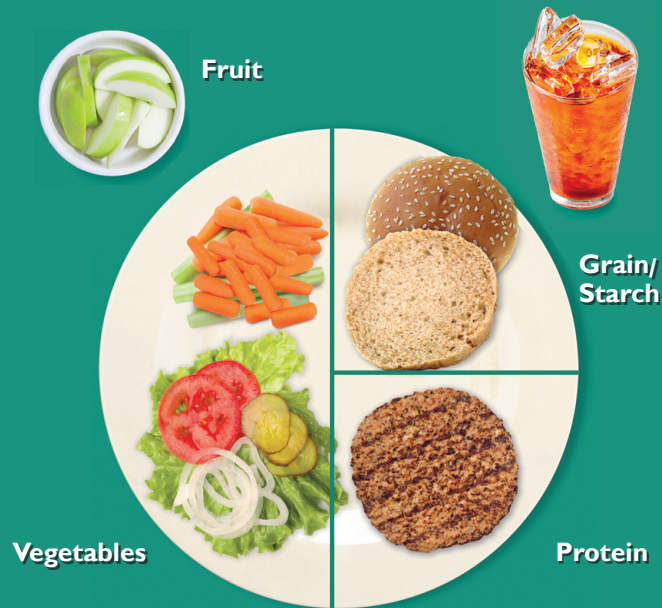
Use a 9-inch plate

Notes:

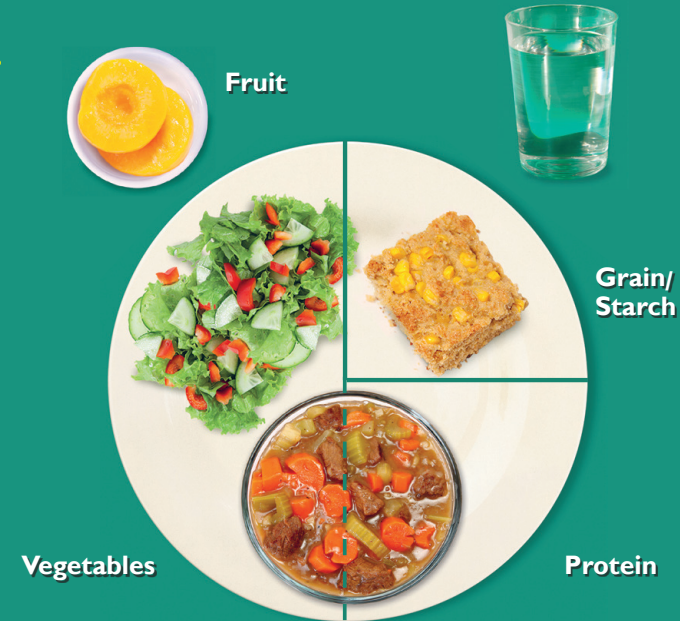
More Ideas for MY NATIVE PLATE



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

