

Indigenous Foods for Cancer Prevention

Media Package



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The American Indian Cancer Foundation (AICAF) is a nonprofit organization that was established to address the tremendous cancer inequities faced by American Indian and Alaska Native communities. AICAF's mission is to eliminate the cancer burdens on American Indian and Alaska Native families through education, prevention, early detection, treatment and survivor support. It is with hard work, policy change, community partnership and the wisdom of our ancestors that we hope to eliminate inequities and improve health outcomes.

Healthy eating is an important part of cancer prevention. Our Healthy Native Foods Initiative is designed to promote traditional foods and normalize healthy eating in American Indian communities. AICAF's goals are to build capacity by creating and sharing culturally appropriate resources that support better access to traditional healthy foods and healthy eating.

As part of the Healthy Native Foods Initiative, AICAF has created this media package. It includes six news articles about traditional foods and healthy eating along with Facebook and Twitter posts. The content can be easily copied and pasted into a newspaper, newsletter, or other community forum. Please feel free to personalize these articles and posts with pictures and information about your own community. The articles can be used and shared however you like. If you have any questions or concerns, please contact Amber Cardinal at acardinal@aicaf.org.

We respectfully ask that you acknowledge AICAF wherever materials are used by including the following message: **Content provided by the American Indian Cancer Foundation.**

Enjoy!

Article 1: Healthy Native Foods Initiative

American Indians suffer from very high rates of cancer and an American Indian is more likely to die from cancer than a person of any other race. According to the National Cancer Institute, only 5%-10% percent of cancer types are genetic. The other 90%-95% of cancer types are determined by lifestyle choices (diet, physical activity, smoking), thus most cancers are preventable. Higher cancer rates among American Indians are caused by non-ceremonial tobacco and alcohol use/abuse, secondhand smoke exposure, lack of regular physical activity, obesity, diabetes, and diets high in animal fats and low in fruit and vegetables.

Before Western colonization and reservation systems, American Indian communities were a healthy and thriving population due to an active lifestyle and naturally healthy diet. Indigenous foods reflected the Native way of life, encompassing language, spirituality, medicines, respect for life, and the connectedness to earth and one another. Restoring traditional food systems and relationships with food is an important piece in eliminating cancer in American Indian communities.

The American Indian Cancer Foundation, an organization dedicated to eliminating cancer in American Indian communities, is addressing food issues through its Healthy Native Foods Initiative. The initiative focuses on promoting traditional foods and healthy eating for cancer prevention and overall health in Minnesota American Indian communities. As a part of the initiative, AICAF has identified food advocates in Minnesota and created an interactive Google map. The goal is to make it easy for food advocates to find each other, connect, partner and share knowledge to create a coordinated effort in improving food work in Indian Country. The Healthy Native Foods Network Map is free to use and available on the AICAF website at www.aicaf.org/healthynativefoods. AICAF is looking to continue growing this map to better serve tribal communities. If you would like to be added to the map or know of food advocates who would, please email Amber at acardinal@aicaf.org.

Facebook post:

Restoring traditional food systems and our traditional relationship with food is important to eliminate cancer in American Indian communities. Check out the #HealthyNativeFoods map to find Minnesota food advocates. www.aicaf.org/healthynativefoods

Tweets:

1. #IndigenousFoods are the key to reducing the American Indian cancer burden #FoodIsMedicine
2. Check out the #HealthyNativeFoods map find Minnesota food advocates.

<http://bit.ly/23M63YO>

Buffalo Chili

Provided by Center for American Indian Research & Education Native Cookbook

Ingredients

1 pound ground buffalo meat

2 large onions, chopped

2-4 cloves garlic, minced

1 (8 ounce) cans no-salt-added tomato sauce

1 ½ C - water

1 tbsp. - chili powder

1/8 tsp. - cayenne pepper

1 tsp. - ground cumin

1 tbsp. - fresh oregano or 1 tsp. dried oregano

½ tsp - salt (optional)

1 (15 ounce) can pinto beans, rinsed and drained

2 tbsp. - corn starch

¼ C - cold water

Directions

Heat a heavy, nonstick skillet over medium-high heat. Add ground meat, stirring every 4-5 minutes, or until meat is no longer pink. Pour contents of pan into a strainer lined with paper towels. Allow fat to drain. In large, heavy saucepan, heat oil over medium-high heat. Add onions and sauté 2-3 minutes or until translucent. Add meat, garlic, tomato sauce and 1 ½ cups water. Simmer for 20 minutes. Stir in chili powder, cayenne pepper, cumin, oregano, pepper, salt, and pinto beans. Allow to thicken and cook an additional 30-40 minutes. Combine cornstarch and cold water. Stir into chili mixture to thicken, and cook an additional 3-4 minutes. Serve hot. Serves 6.

Article 2: Breast Milk: The First Indigenous Food

Breast milk is a mother's gift from the creator to feed our children. Breast milk is the first Indigenous food. Before eating Indigenous foods like wild rice, buffalo, or wild berries, we drink our mother's milk. Breast milk provides all the nutrients needed for a baby to grow strong and healthy. The American Academy of Pediatrics recommends that babies be exclusively breastfed for the first six months of life, followed by continued breastfeeding for one year or longer along with the introduction of solid foods.

Breastfeeding offers many benefits for mothers and children. Evidence shows that breastfeeding is the best source of nutrition for most infants, leading to better health for the baby and mother (CDC). While formula provides basic nutrition, breast milk contains properties that protect against disease and illness. Obesity rates are significantly lower in breastfed children. Breastfeeding mothers return to their pre-pregnancy weight faster and have a reduced risk of type 2 diabetes. According to the American Academy of Pediatrics, mothers who breastfeed have a reduced risk of breast and ovarian cancers. There are financial benefits associated with breastfeeding. Breastfeeding is FREE! It also saves time and can be more convenient than bottle feeding. Breast milk is much more than food, breastfeeding provides an opportunity to bond with your baby.

Encourage the mothers in your life to breastfeed their babies. Contact your medical provider if you have any questions about breastfeeding.

Facebook post:

Breast milk is a mother's gift from the creator to feed our children and is our first Indigenous food. It provides all of the nutrients needed for your baby to grow strong and healthy. Mothers who breastfeed their babies have a reduced risk of breast and ovarian cancer. #FoodIsMedicine #HealthyNativeFoods

Tweets:

1. Breast milk is a mother's gift from the creator to feed our children. #FoodIsMedicine #HealthyNativeFoods
2. Breast milk provides all of the nutrients needed for your baby to grow strong and healthy. #HealthyNativeFoods #FoodIsMedicine
3. Breastfeeding mothers have a reduced risk of breast and ovarian cancer. #IndigenousFoods #FoodIsMedicine

Fruit-Infused Water

Provided by the American Indian Cancer Foundation

Breastfeeding moms are encouraged to drink extra water to stay hydrated and encourage lactation. Infusing fruit and herbs into ice water is a refreshing choice with no added sugar. Try these refreshing combinations today.

Strawberry Lemon Water

Add 15 sliced strawberries and 1 sliced lemon to a ½ gallon pitcher. Fill with water, refrigerate for 3-4 hours and enjoy.

Frozen Berry Water

Put 2 cups frozen berry mix (store bought or your own homemade mix) in a ½ gallon pitcher. Fill with water, refrigerate for 3-4 hours and enjoy.

Watermelon Cooler

Blend 3 cups frozen watermelon, half of a squeezed lime, and ½ cup water. Serve over ice.

Article 3: Indigenous Food Systems

Prior to colonization, American Indian communities were likely the healthiest population on earth due to their food systems. Food system refers to the path that food takes from Mother Earth to the dinner plate, including growing, processing, transporting, and consumption. Indigenous food systems embodied the Native way of life by reflecting traditional languages, medicines, and spirituality. These food systems were rooted in a deep respect for the land and water. They were responsible for keeping American Indian people healthy and free of cancer and other chronic illnesses.

The typical American Indian diet today is not as healthy as it was due to disrupted food systems and the introduction of unhealthy, processed foods. American Indians today are twice as likely as the rest of the U.S. population to experience nutrition-related health problems and high cancer rates, according to the 2015 Seeds of Native Health semi-annual report. Fortunately, the answers for wellness and reducing cancer are held within the traditional ways that our ancestors have given us. Honoring tradition by relying on healthy Native foods and avoiding foods that are highly processed is important for healthy Native Nations.

In Minnesota, the seasonal year provides many opportunities to grow, gather, and harvest traditional foods and medicines. Here are a few examples of how Minnesota communities still participate in traditional gathering practices:

- Sugar bushing in February allows American Indian families to use sap for maple sugar and syrup. Substituting white sugar with natural maple syrup is a good way to include zinc and manganese in your diet, two vital minerals which contribute to heart health and a strong immune system.
- Small game, deer, fish and sacred buffalo are hunted, trapped and fished throughout the year. Venison is a healthy substitute for beef because it is lower in saturated fat and higher in protein.
- Fresh produce such as corn, squash, chokecherries, raspberries, and other fruits and vegetables are harvested in the summer. Consuming more fruits and vegetables has been linked to a lower risk for breast cancer.
- Wild rice, which can be added to soups, ground into a flour for bread, or enjoyed on its own, is usually harvested from August through September. Wild rice has 30 times more antioxidants than white rice.

These plentiful foods provide American Indians with a great foundation for a healthy, well-rounded diet.

Facebook post:

Indigenous food systems were historically rooted in a deep respect for the land and water. They were responsible for keeping American Indians healthy and free from cancer and chronic illnesses. The answers for wellness and reducing cancer are held within the nutritious diet that our ancestors have given us. Honoring tradition by relying on #HealthyNativeFoods and foods that are not highly processed is important for healthy Native Nations.

Tweets:

1. Eating #HealthyNativeFoods and avoiding saturated fats is important for healthy Native Nations.
2. Honor your ancestors by incorporating #HealthyNativeFoods into your diet. #IndigenousFoods
3. The seasonal year provides opportunities to grow, gather, and harvest #IndigenousFoods for holistic health and cancer prevention.

Wild Rice Pilaf

Recipe provided by Dream of Wild Health/Healthy Lifeways Cookbook

Ingredients

- 1 ½ tbsp. - extra virgin olive oil
- 4 sprigs fresh thyme (or 1 tsp dried)
- 1 ½ C - whole wild rice, rinsed
- 3 C - vegetable or chicken stock
- 1 large onion, chopped
- 1 bunch scallions, thinly sliced (3/4 C)

Directions

Heat olive oil in a small saucepan over medium heat. Add the chopped onion and sauté for about 2 minutes. Add the wild rice and cook, stirring with a wooden spoon, until lightly toasted for about 1 minute. Stir in the stock and thyme and bring to a boil. Reduce heat to a rapid simmer and cover and cook for 20 minutes or until rice is tender. Remove from the heat, scatter the scallions over the surface, fluff with a fork and remove the herb sprigs before serving. Season with black pepper to taste. Variations: Add ¼ C lemon juice for a sweeter/tart taste; mix in sautéed vegetables of your choice; top with almonds or Parmesan cheese.

Article 4: Indigenous Foods Nutrition

Many traditional foods are powerful medicines, which is why Indigenous people have been cooking and preparing them for generations. Healthy Native foods help us connect to our ancestors and are full of nutrients. Eating these diverse foods can help reduce your risk for cancer – and that’s just one benefit. Incorporating healthy Native foods into your meals is a great way to keep you and your family healthy.

Here are some nutrition facts and tips for using Indigenous foods:

Wild rice is harvested from August through September. Wild rice is gluten free with high fiber content. It contains vitamins A, C, and E and helps keep cholesterol down. Wild rice contains twice as much protein as brown rice and 30 times more antioxidants than white rice. It has a clean earthy taste with a spongy texture, which makes it a great addition to soups and salads.

Preparing wild rice: The first step is to rinse the rice thoroughly. Next, pour 1 cup of uncooked wild rice into a pot with 2 ½ cups of water or stock. Bring water to a boil, cover and then simmer over medium heat until the water is absorbed and the rice is cooked (approximately 30-60 minutes). The wild rice is done when it begins to curl and is tender to the bite. Add to soups or salads, serve as a side dish or as a main course with a protein.

Hominy, or dried maize, is harvested from August through October. Eating hominy can reduce your risk for cancer, heart disease, and other chronic illnesses. It is high in fiber; helps control blood sugar, and can lower cholesterol. Hominy encourages a healthy digestive system, which can prevent colon cancer.

Preparing hominy: Place 1 cup uncooked hominy in a pot with water 3 inches above the hominy and let it sit for 8 to 12 hours until the outer shell is tender. The next day, rinse and drain. Add fresh water to the hominy, bring to a boil, and simmer covered for 1 to 2 hours. Hominy is a great addition to soups and salads and can even be served as a main course.

Bison/buffalo is a sacred spirit that has been rescued from near extinction within the last 20 years. Meat can be purchased from local co-ops, natural food stores, or tribal communities. Grass-fed bison is low in fat and cholesterol. It is a great source of the vitamin beta-carotene, an antioxidant that reduces the risk of cancer.

Preparing Bison: Rinse 4 to 5 pounds of bison roast (rump or top round), then place in a roasting pan. Add vegetable stock or water until it covers half of the roast. Add your choice of seasoning (fresh cedar or sage are excellent choices). Cover with lid or foil and braise in the oven for 5 to 8 hours at 250 degrees, or in a slow cooker for 5 to 8 hours at low temp. Bison can be served sliced, cubed, or pulled; it can be added to salads, soups, side dishes, or served as a main course.

Sunflower seeds are harvested from sunflowers when the petals begin to dry and their green flower base turns brown. Depending on the type of sunflowers the seeds should be fully black or white. Unsalted or lightly salted sunflower seeds promote healthy cholesterol and heart

health with vitamin E and folate. They also contain selenium, which helps reduce redness and swelling in the body.

Preparing sunflower seeds: Sunflower seeds can be enjoyed in the shell or unshelled. To prepare shelled sunflower seeds, soak them in water for 1 to 2 hours. Strain the seeds, dry them, and roast for 45 minutes to 1 hour at 300 degrees. To prepare unshelled sunflower seeds, begin by shelling the seeds. Once unshelled, roast the sunflower kernels for 2-3 minutes at 300 degrees or until golden brown. For both shelled and unshelled, a small amount of salt can be added for flavor if desired. Add sunflower seeds to salads or fruit and dessert dishes, enjoy them alone or with other nuts as a snack.

Facebook post:

Many traditional foods are powerful medicines, which is why Indigenous people have been cooking and preparing them for generations. #HealthyNativeFoods help us connect to our ancestors, are nutrient-rich and high in antioxidants. Eating these diverse foods can help reduce your risk for cancer and other chronic diseases.

Tweets:

1. #DidYouKnow wild rice has 30 times more antioxidants than white rice? Use #HealthyNativeFoods in your diet to prevent cancer.
2. Hominy is high in fiber, promotes a healthy digestive system and reduces your risk of cancer. #HealthyNativeFoods #FoodsMedicine
3. Bison is low in fat and a great source of the antioxidant beta-carotene. Replace beef with bison in almost any recipe! #HealthyNativeFoods

Article 5: What are Superfoods?

“Superfood” is a term that many people are using, even if they do not know what it means. What is a superfood? Superfoods are defined in different ways by different sources and there is no official definition. The use of the term is not regulated in the food industry and it can be used for marketing purposes, so be cautious when shopping and look at the nutrition label for details. The Oxford dictionary defines superfoods as “nutrient-rich food considered to be especially beneficial for health and well-being.” Superfoods offer a range of health benefits including reduced fat storage, improved energy and ability to fight off infections and disease.

Superfoods are not meant to replace all other fruits and vegetables or to excuse unhealthy eating. No single food is a cure-all, so it is important to eat a balanced diet. Your overall health and risk for cancer and other chronic diseases is heavily tied to your diet and lifestyle. Obesity, commercial tobacco and alcohol use are still the leading causes of cancer and early death for American Indians (Espey, 2014). It is difficult to make changes in our eating habits if we deprive ourselves of certain foods. If we instead think about what we *should* be eating and slowly introduce healthier options, healthy eating is much easier. Pre-colonization diets were naturally healthy and packed with cancer-fighting foods. Here is a list of healthy Indigenous foods eaten by our ancestors you can “re”introduce into your diet:

- Wild Rice: whole grain packed with fiber, protein, folate, niacin, vitamins, other minerals and antioxidants to fight free radicals that cause cancer. Replace white rice with wild rice for a healthier meal.
- Strawberries: contain a powerful punch of ellagitannins, which can stop the growth of cervical and colon cancers. Strawberries make a healthy and simple mid-morning snack for adults and kids.
- Sunflower seeds: great source of vitamin E, which fights infection and keeps your heart healthy. Eat a handful a day or sneak it into other dishes, such as salads, stir fry, etc.
- Salmon: loaded with the healthy omega-3 fatty acids that are good for heart health. Serve on a bed of wild rice for your main dish at lunch or dinner.
- Bison: great beef alternative, with 50 fewer calories per serving and half the fat of 70% lean ground beef. Substitute bison for beef in burgers, stew, stir fry, tacos or any other dish where beef is used.

Facebook Post:

Superfoods provide health benefits above that of other foods, but they are not meant to replace other fruits and vegetables or to excuse unhealthy eating. Slowly incorporate the foods of our ancestors into your meals to make healthy eating easier. Wild rice, strawberries, sunflower seeds, salmon and bison are just a few examples of #HealthyNativeFoods that boost the immune system and fight cancer.

#FoodIsMedicine

Tweets:

1. Start using #IndigenousFoods of our ancestors in your meals today to reduce your risk of cancer and other chronic diseases.
2. Bison is a great substitute for beef, with fewer calories and half the fat!
#IndigenousFoods #HealthyNativeFoods
3. Wild Rice is a whole grain packed with fiber, protein and antioxidants that fight cancer.
#FoodIsMedicine

Kale and Strawberry Slaw (6-8 servings)

Recipe provided by Dream of Wild Health/Healthy Lifeways Cookbook

Ingredients

3 tbsp. - cider vinegar
2 tbsp. - honey
2 tsp. - Dijon mustard
1 ½ tsp. - poppy seeds
¼ tsp. - kosher salt

3 tbsp. - vegetable oil
1/3 C - finely diced red onion
2 bunches flat-leaf (Dino) kale
1 C - strawberries, sliced
Freshly ground black pepper

Directions

Place the vinegar, honey, mustard, poppy seeds, and salt in a large bowl, season with pepper, and whisk to combine. While whisking constantly, slowly add the oil until all of it is incorporated. Add the onion, stir to combine, and set aside. Wash and dry the kale. Cut out and discard the tough stems. Arrange the leaves into stacks, slice crosswise into ¼ inch ribbons, and add to the bowl with the dressing. Add strawberries to the bowl. Toss to combine. Let the salad sit for at least 15 minutes at room temperature and up to 1 day in the refrigerator for the flavors to develop. Toss again before serving.

Article 6: Healthy Foods Policy for Cancer Prevention

Obesity can cause cancer. Obesity is the result of a poor diet and too little physical activity. Healthy foods policies can help reduce cancer and chronic disease rates in American Indian communities. Healthy foods policies are written plans designed to promote healthy lifestyles.

Healthy foods policies can be created by many different groups: schools, tribal government, community centers, clinics, child care centers, elderly nutrition programs, and workplaces. Since resources vary from place to place, sites are encouraged to develop and implement a healthy foods policy that meets their individual needs. The American Indian Cancer Foundation, an organization dedicated to eliminating cancer in American Indian communities, has a workplace wellness policy that can serve as an example. The policy can be found at: <http://www.americanindiancancer.org/wp-content/uploads/2016/07/AICAF-Wellness-Policy-2016-1.pdf>.

Here are some examples of healthy foods policies:

- Policies that set nutritional standards for foods served in child care centers, healthcare centers/clinics, schools and elderly nutrition programs.
- Worksites can promote healthy eating by having a policy that allows only healthy options in vending machines.
- Workplaces can also implement a policy that supports healthy eating by only offering healthy foods at meetings and events.
- Tribal governments can implement a policy that taxes unhealthy foods such as sugar-sweetened beverages and processed foods.
- Schools can establish a healthy concessions policy to promote healthy eating habits.

Interested in implementing a healthy foods policy? The American Indian Cancer Foundation can provide assistance in policy writing and implementation. Contact Melanie Plucinski at 612-314-4854 or mplucinski@aicaf.org with any requests assistance.

Facebook post:

#HealthyNativeFoods policies can combat high rates of obesity and prevent cancer in American Indian communities. Policies can be created by many different groups: schools, tribal government, healthcare centers and clinics, elderly nutrition programs, and other workplaces. Offering only nutritious foods at meetings is an example of a policy that will create a healthier workplace. #FoodIsMedicine

Tweets:

1. #AICAF can help your community create its own #HealthyNativeFoods policy.
<http://bit.ly/2a9fYFh>
2. Reduce obesity and cancer with a #HealthyNativeFoods policy in your community.
#FoodIsMedicine

3. Stay healthy for future generations with a #HealthyNativeFoods policy.
4. Offering only healthy foods at meetings is an example of a #HealthyNativeFoods policy that will create a healthier workplace.

Wild Rice Stuffed Buffalo Meatballs

Recipe provided by Yazzie the Cook

Ingredients

1 pound - ground buffalo meat
1 tbsp. - sumac
½ tbsp. - ground sage
2 C - wild rice (cooked, strained, and chilled to room temp)

For garnish:

½ batch - dandelion greens (chiffonade)
½ pound - crushed roasted sunflower seeds

Directions

Preheat oven to 400 degrees. In a large bowl, combine ground meat, sumac, and sage. Pre-roll meat into 10-15 balls (depending on desired size). When complete, poke the center of meat ball and fill with rice, then roll into a ball again. Continue until gone. Place the completed meatballs on a half size sheet pan with parchment paper. Cook for 14 minutes and cool to room temperature before cutting into them. Garnish with crushed sunflower seeds, chiffonade dandelion greens, and your choice of sauce.

More Information

To request additional information on any of these topics or to provide feedback please contact the American Indian Cancer Foundation at 612-314-4848 or Amber at acardinal@aicaf.org. We envision a world without cancer.

Photos

Please feel free to personalize these articles and posts with pictures and your community's program details.

Social Media Grid

Topic	Facebook posts	Tweets
<p>Healthy Native Foods Initiative</p>	<p>Restoring traditional food systems and our traditional relationship with food is important to eliminate cancer in American Indian communities. Check out the #HealthyNativeFoods map to find Minnesota food advocates.</p> <p>Direct Link: http://www.aicaf.org/healthynativefoods</p>	<p>#IndigenousFoods are the key to reducing the American Indian cancer burden #FoodIsMedicine</p> <p>Check out the #HealthyNativeFoods map to find Minnesota food advocates. http://bit.ly/23M63YO</p> <p>Direct Link: http://www.aicaf.org/healthynativefoods</p>
<p>Breast Milk: The First Indigenous Food</p>	<p>Breast milk is a mother’s gift from the creator to feed our children and is our first Indigenous food. It provides all of the nutrients needed for your baby to grow strong and healthy. Mothers who breastfeed their babies have a reduced risk of breast and ovarian cancer. #FoodIsMedicine #HealthyNativeFoods</p>	<p>Breast milk is a mother’s gift from the creator to feed our children. #FoodIsMedicine #HealthyNativeFoods</p> <p>Breast milk provides all of the nutrients needed for your baby to grow strong and healthy. #HealthyNativeFoods #FoodIsMedicine</p> <p>Breastfeeding mothers have a reduced risk of breast and ovarian cancer. #IndigenousFoods #FoodIsMedicine</p>
<p>Indigenous Food Systems</p>	<p>Indigenous food systems were historically rooted in a deep respect for the land and water. They were responsible for keeping American Indians healthy and free from cancer and chronic illnesses. The answers for wellness and reducing cancer are held within the nutritious diet that our ancestors have given us. Honoring tradition by relying on #HealthyNativeFoods and foods that are not highly processed is important for healthy Native Nations.</p>	<p>Eating #HealthyNativeFoods and avoiding saturated fats is important for healthy Native Nations.</p> <p>Honor your ancestors by incorporating #HealthyNativeFoods into your diet. #IndigenousFoods</p> <p>The seasonal year provides opportunities to grow, gather, and harvest #IndigenousFoods for holistic health and cancer prevention.</p>

Social Media Grid

Topic	Facebook posts	Tweets
<p>Indigenous Foods Nutrition</p>	<p>Many traditional foods are powerful medicines, which is why Indigenous people have been cooking and preparing them for generations. #HealthyNativeFoods help us connect to our ancestors, are nutrient-rich and high in antioxidants. Eating these diverse foods can help reduce your risk for cancer and other chronic diseases.</p>	<p>#DidYouKnow wild rice has 30 times more antioxidants than white rice? Use #HealthyNativeFoods in your diet to prevent cancer.</p> <p>Hominy is high in fiber, promotes a healthy digestive system and reduces your risk of cancer. #HealthyNativeFoods #FoodIsMedicine</p> <p>Bison is low in fat and a great source of the antioxidant beta-carotene. Replace beef with bison in almost any recipe! #HealthyNativeFoods</p>
<p>What are Superfoods?</p>	<p>Superfoods provide health benefits above that of other foods, but they are not meant to replace other fruits and vegetables or to excuse unhealthy eating. Slowly incorporate the foods of our ancestors into your meals to make healthy eating easier. Wild rice, strawberries, sunflower seeds, salmon and bison are just a few examples of #HealthyNativeFoods that boost the immune system and fight cancer. #FoodIsMedicine</p>	<p>Start using #IndigenousFoods of our ancestors in your meals today to reduce your risk of cancer and other chronic diseases.</p> <p>Bison is a great substitute for beef, with fewer calories and half the fat! #IndigenousFoods #HealthyNativeFoods</p> <p>Wild Rice is whole grain packed with fiber, protein and antioxidants to fight cancer. #FoodIsMedicine</p>
<p>Healthy Foods Policy for Cancer Prevention</p>	<p>#HealthyNativeFoods policies can combat high rates of obesity and prevent cancer in American Indian communities. Policies can be created by many different groups: schools, tribal government, healthcare centers and clinics, elderly nutrition programs and other workplaces. Offering only nutritious foods at meetings is an example of a policy that will create a healthier workplace. #FoodIsMedicine</p>	<p>#AICAF can help your community create its own #HealthyNativeFoods policy. http://bit.ly/2a9fYFh</p> <p>Reduce obesity and cancer with a #HealthyNativeFoods policy in your community. #FoodIsMedicine</p> <p>Stay healthy for future generations with a #HealthyNativeFoods policy</p> <p>Offering healthy foods at meetings is an example of a #HealthyNativeFoods policy that will create a healthier workplace.</p>