

INDIGENOUS FOOD FOR YOUR (GUT) HEALTH

FOOD IS MEDICINE. Our ancestors had access to many foods that are important for maintaining a healthy gut. Each of these foods is Indigenous to the North and South American continents. They provide us with several nutrients that fortify our gastrointestinal systems and may help reduce the risk of certain diseases, like colorectal cancer.

Research shows that eating a diet low in processed foods and meats, and including more plant-based meals is beneficial to preventing cancer. In addition to increasing your intake of these foods, make sure to drink plenty of Şu:dagĭ (water)*.




American Indian
Cancer Foundation.

VEGETABLES



- Avocados
- Pumpkins
- Ha:l (*Squash*)*
- Wild celery
- Fiddleheads
- Seaweed
- Ciolim (*Cholla cactus buds*)*
- Hu:ñ (*Corn*)*

FRUITS



- Blueberries
- American red raspberries
- Chokecherry
- Pineapple
- I:bhai (*Prickly pear fruit*)*
- Bahidaj (*Saguaro cactus fruit*)*

SU:DAGĬ (WATER)*



LEGUMES, GRAINS & NUTS



- Amaranth
- Wild Rice
- Quinoa
- Bawi (*Tepary Beans*)*
- Mu:ñ (*Pinto Beans*)*
- Chia Seeds
- Wihog Chu'i (*Mesquite flour*)*

OTHERS



- Sumac
- Allspice
- Mint
- Giizhik (*"cedar" in Ojibwe*)*
- Stinging nettle
- Chocolate

*These words are all translated from Tohono O'Odham

GET INSPIRED TO MAKE A GUT-FRIENDLY MEAL!

Use these foods to make:

- Mixed green salad with roasted pumpkin, squash, chia seeds, celery, and corn
- Fruit salad with fresh blueberries, raspberries, and pineapples
- Burrito bowl with quinoa, wild rice, squash, black beans, and avocado
- Chocolate avocado pudding
- Cedar & mint tea
- Water infused with prickly pear fruit

There are many foods that can help reduce the risk for cancer. Keep your gut healthy by incorporating nutrient-dense foods local to your community.

