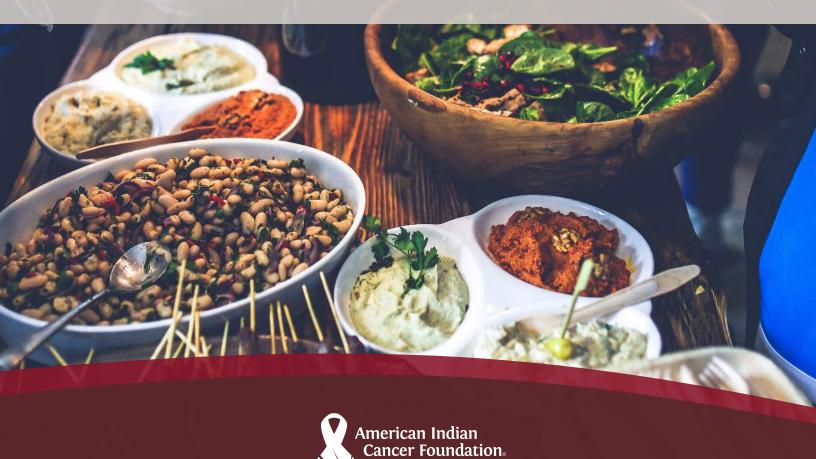


Ordering Nutritious & Indigenous Foods

GUIDELINES & CHECKLIST



Foreword

The Ordering Nutritious and Indigenous Foods: Guidelines and Checklist were developed in an effort to normalize healthy and Indigenous foods in American Indian and Alaska Native (AI/AN) communities across the nation. At the American Indian Cancer Foundation (AICAF), our vision is a world where cancer is no longer a leading cause of death for AI/ANs. Through hard work, culturally appropriate community-based programs and policy change that affords Native people access to the best prevention and treatment strategies, we see a day where American Indian communities are free from the burdens of cancer.

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Ordering Notes:		

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Section 1: Guidelines for Food and Beverages

Recommendations for Meetings, Gatherings and Events

- Choose these foods and beverages most often: water, fruits, vegetables, whole grains, lean proteins and less processed foods.
- Limit these foods and beverages: sugary drinks and processed foods high in sugar, sodium and saturated fat.
- Avoid foods and beverages with trans fat (check nutrition labels for hydrogenated or partially hydrogenated oils).
- Recommended cooking methods: roasting, baking, boiling, broiling, steaming, stir-frying or poaching.
- Choose fresh, whole, unprocessed and less processed foods.
- Choose food retailers that use Indigenous, local and fresh foods.

Serving Guidelines and Checklist

Guideline	Checklist (✓ mark when purchased or ordered)
Use 9 inch platesUse 12 ounce bowls	Select 9 inch plates Select 12 ounce bowls
Fill half of the plate with colorful vegetables (fresh, frozen without sauce or low-sodium canned)	Select vegetables (carrots, dark leafy greens, squash, etc.)
 Serve fresh fruit on the side or as a salad topping 	Select fruit as a side or salad topping (apples, berries, pineapple, etc.)
 Fill one quarter of the plate with lean protein Ensure protein is not stacked higher than 1-1.5 inches off the plate 	Select a lean protein (beans, bison, venison, etc.)Ensure protein servings are not stacked higher than 1-1.5 inches
Fill one quarter of the plate with whole grains	Select whole grain products (brown rice, wild rice, corn, etc.)
If providing soup, request a low sodium broth based option	Select broth based, low sodium soup
If providing bread, request a 100% whole grain without added sugar option	Select 100% whole grain bread
 Request foods are seasoned with herbs and spices rather than added salt Choose low sodium options when processed items are served 	 Select foods seasoned with herbs and spices rather than added salt (basil, thyme, sage, etc.) Select processed foods labeled "reduced sodium," "low sodium," or "sodium free" (condiments, pickles, salad dressing, etc.)
 Ensure dessert dimensions are not larger than inch by 2 inch Choose fresh fruit for half or more of the desse Choose desserts that are 100 calories or less 	
 Do not serve candy at community events Serve better-for-you snack options* if candy is provided at holiday events (*see section 2) 	Do not select candy for community eventsSelect better-for-you options for holiday events



Healthy Beverage Guidelines and Checklist

Guideline	Checklist (✓ mark when purchased or ordered)
Always provide a regular unsweetened water option	Select water (including sparkling water or fruit-infused water)
Do not serve sugary beverages	Did not select sugary beverages (pop, sports drinks, energy drinks, flavored sugar based drink mix, etc.)
 Choose beverage options without added sugar or artificial sweeteners 	Select unsweetened: coffee, tea, low fat or nonfat milk, lactose-free or dairy-free options (lactose-free milk, soy milk, almond milk, etc.)
Choose 8 ounce servings for calorie containing beverages	Select 8 ounce cups for calorie containing beverages (unsweetened milk, soy milk, almond milk, etc.)

Section 2. Guidelines for Snacks

Recommendations for Snack Selections

Choose these Better-for-you options: **Examples**

- Indigenous selections
- Fresh fruits
- Fresh vegetables
- Unsalted, non-candied nuts
- Unsweetened dried fruit
- Low-fat, low sodium baked selections
- Unsweetened, low-fat dairy selections
- Unsweetened, whole grain selections

- Bison jerky, puffed wild rice, ground cherries
- Bananas, berries, oranges
- Broccoli, carrots, celery
- Almonds, cashews, trail mix
- Apples, apricots, cranberries
- Crackers, chips, granola bars
- String cheese, cottage cheese, greek yogurt
- Fruit bars, oatmeal, high fiber cereals

Avoid these options:

- Fried, high fat or sweetened bakery selections
- Fried selections
- Sweetened fruit snacks
- Candy or candied selections
- Processed and ready to eat selections
- Frozen convenience selections

Examples

- Cake, cupcakes, doughnuts
- Frybread, chips, french fries
- Fruit snacks, fruit cups, fruit leather
- Candy, glazed nuts, caramel popcorn
- Lunch meat, meat sticks, sausages
- Pizza, corn dogs, cheese bread

