

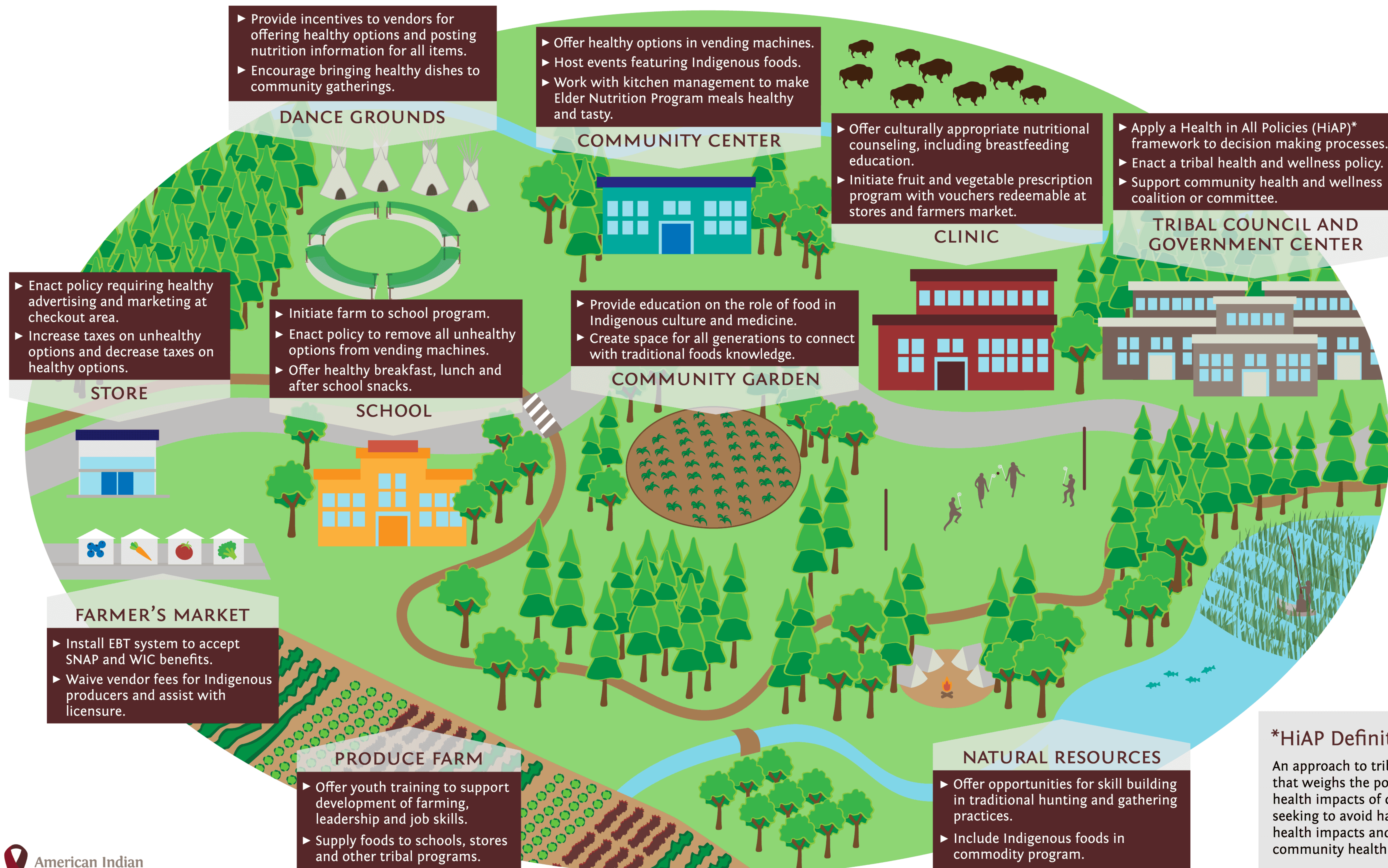
# HEALTHY EATING FOR STRONG NATIVE COMMUNITIES

## PROMOTING INDIGENOUS HEALTH

▶ Indigenous Foods: foods native to local area.

▶ Healthy Options: water, fruits, vegetables, whole grains, lean proteins, unprocessed foods.

▶ Unhealthy Options: sugary drinks and processed foods high in sugar, sodium and saturated fat.



### \*HiAP Definition

An approach to tribal policy that weighs the potential health impacts of decisions, seeking to avoid harmful health impacts and improve community health outcomes.