Eating healthy doesn't have to be difficult. Here are some tips on foods to eat and ones to avoid.

Avoid this: Hot dogs, hamburgers, and other fatty foods.

Eat this: Carrots, cherries, cake, steak, and fries.

1. Eat healthy foods:
   - Eat smaller portions at every meal.
   - Eat traditional foods such as Buffalo and Venison.
   - Cut down on sweet and fatty foods and concentrate on fresh foods, sugar substitutes, and foods that are high in fiber.
   - Offer children snacks that are low in fat and sugar.

2. Get plenty of exercise:
   - Find a partner of group and plan activities that you have fun doing together so exercise doesn’t become a chore.
   - Good news! The recreational activities you already do (walking, basketball, dancing, swimming, etc.) count as exercise if you do them for thirty minutes at least three times a week.

3. Learn all you can:
   - Read about diabetes prevention and share the information with others.
   - Talk to your health care provider about diabetes and what you can do to stay healthy.
   - Schedule and attend regular check-ups with your health care provider.
Watch For These Signs

- Dark, rough patches on the skin, especially around the neck
- Unusual weight loss
- Sore gums
- Sore or don’t heal
- Increased thirst
- Feeling tired all the time
- Blurred vision (or less able to see clearly - especially at night)

4. Set a good example: 
Set a good example for your family members, especially if diabetes runs in your family - you can serve as inspiration to the young.

Try this tasty recipe from Kibbe Canci, Native Nutritionist. It's healthy and easy to make!

**Pemmican 1-2-3**

**Ingredients:**
- 4-5 ounces dried game, buffalo or beef (no salt or seasoning added)
- 1/3 cup dried chokecherries, junebberries, buckwheat, raisins or Cranberries (cranberry)
- 2 tablespoons rendered beef tallow or fat from kidney or bone marrow. Do not use shortening, butter or vegetable oil

**Directions:**
1. Break dried meat into 1 inch pieces and grind
2. Add dried berries or fruit to meat and grind again.
3. Add melted fat slowly while mixing. The fat will change consistency and appear semi-moist instead of dry. It improves the flavor and texture.
4. Serve loose in a bowl or press into balls. Store in cloth or paper bag - no plastic.

Visit www.diabetic-recipes.com

Contact your local Tribal Health Department for more healthy recipes and recommendations on diets and nutrition.
As a Member of the Tribe, You're at Risk

American Indians, especially children, are developing diabetes at an alarming rate. On the Fort Peck Reservation, the number of people who have been diagnosed with diabetes has more than doubled within the last 6 years. The rate for Indian people is between 4 and 8 times the national average for non-Indians.

Diabetes can be present in all age groups and tends to be more common in some families. Diabetes can reduce a person's ability to earn a living and enjoy everyday life. If not controlled, diabetes can cause serious, sometimes life-threatening complications such as heart attacks, strokes, blindness, kidney disease, and loss of limbs.

You are more likely to become diabetic if you:

- Are not physically active
- Are overweight
- Are not careful with your diet
- Are over the age of 30
- Have a diabetic family member
- Have given birth to a baby that weighed over 9 pounds
- Have diabetes

If you have diabetes, your quality of life can be dramatically improved by making healthy diet and lifestyle choices for you and your family. If you do not currently have diabetes, you can delay or prevent its onset.

Why Think About Diabetes?

As an American Indian, you are at great risk of diabetes. Diabetes is a disease in which too much sugar stays in a person's blood stream. All foods are converted to sugar (glucose) in a person's blood stream. However, when too much sugar stays in a person's blood stream, it can affect the way you feel (emotions) and reduce your energy level. Too often, people, especially young persons, are unaware they have this disease that is damaging their bodies.