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

- **Eat this:** Carrots

- **Avoid this:** Soda

- **Eat this:** Berries

- **Avoid this:** Pie

- **Eat this:** Steaks

- **Avoid this:** Popcorn

- **Eat this:** Nuts

- **Avoid this:** Fried foods

1. **Eat healthy foods:**
   - Cut down on sweet and fatty foods and concentrate on fresh foods, sugar substitutes, and foods that are high in fiber.
   - Eat traditional foods such as Buffalo and Venison.
   - Eat your meals at the same time each day and try to eat smaller portions at every meal.

2. **Get plenty of exercise:**
   - Find a partner or group and plan activities that you enjoy 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:**
   - Schedule and attend regular check-ups with your health care provider.
   - 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.

The Good News: You Can Prevent and Control Diabetes

Diabetes can be prevented and controlled. Those at risk of diabetes as well as diabetes live long, happy lives if they follow these steps and consult with a health care provider on a regular basis.
Visit www.dhbeach-recipes.com

and nutrition.

more healthy recipes and recommendations on diets.

Connect with your local Tribal Health Department for

or paper bag – no plastic.

Serve loose in a bowl or press into balls. Store in cloth

of dry. If improves the flavor and texture.

change consistency and appear semi-moist instead.

3. Add milk to flour slowly while mixing. The wet will

break up.

Consistency should be dry and loose with little

2. Add dried beans or flour to meat and grind again.

using blender or meat grinder.

1. Break dried meat into 1 inch pieces and grind

Directions:

or vegetable oil.

or bone marrow. Do not use shortening, butter

2 tablespoons reduced beef broth or fat from kidney

huckleberries, raisins or cranberries (optional)

1/3 cup dried rhubarb, jujube,

or seasonings added

+4 ounces dried elk, buffalo or beef (no salt)

Instructions:

Pemmican 1-2-3

easy to make.

Native Nutrition: It's healthy and

Try this easy recipe from Kibbe Corn,

健康，营养又美味。

healthy and

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Why Think About Diabetes?

As a Member of the Tribe, You’re At Risk

American Indians, especially children, are at an increased risk of diabetes.

Are you a diabetic or at risk of becoming diabetic? 9 pounds

Have given birth to a baby that weighed over 9 pounds

Have diabetic family members

Are not physically active

Are not careful with your diet

Are overweight

Are over the age of 30

You are more likely to become diabetic if you:

Drink and enjoy everyday life.

Diabetes can reduce a person’s ability to care for themselves.

Diabetes can be more common in some families.

Diabetes can be present in all age groups and races.

Diabetes and loss of limbs.

Heart attacks, strokes, blindness, kidney disease, sometimes diabetes can be diagnosed with diabetes, can cause serious problems.

If not controlled, diabetes can cause serious problems.

You are at increased risk of diabetes.

Is between 4 and 5 times the national average for non-Indians.

The rate for Indian people within the last 8 years.

The rate for Indian people diagnosed with diabetes has increased by over 30%.

Reservation, the number of people who have been diagnosed 4 years ago.

Are at an alarming rate. On the Wind River Reservation, the number of people who have been diagnosed 4 years ago.

Why Think About Diabetes?