



Match-E-Be-Nash-She-Wish Band of Pottawatomí Indians



General Guidelines for Promoting Healthy Food Choices at Tribal Events

A message from Kelly Wesaw, Health and Human Service Director:

Choices we make in the way we live can have a direct impact on our health and the quality of our lives. One of these choices is the food we eat.

Match-E-Be-Nash-She-Wish Band of Pottawatomí Indians (MBPI) often serves food at Tribal Meetings and Events. Leading by example is always beneficial, so in an effort to promote the health of the Tribe we have developed a tool to assist Event Planners in choosing healthy foods to serve at Tribal Events.

Many attendees at Tribal Events have health issues that can make eating out challenging. This guide was developed with their needs in mind.

Through these guidelines we can show our community and our guests that we recognize the strong relationship between diet and health.

We offer these general guidelines in recognition of our obligation to our community and guests in making healthy food choices.

These are recommendations and not hard fasts rules, so discretion should be used, including consideration of people's likes and dislikes when planning a meeting or event.

Good nutrition comes from moderation, balance and variety.

Healthy Eating = Healthy Meeting

What are traditional health foods? They include venison, buffalo, elk meat, fish (like salmon, whitefish or trout), wild rice, squash, beans, corn and berries like strawberries, blueberries, blackberries and raspberries.

- Always determine if food is necessary at a meeting
Many times, tea, coffee and ice water will be enough
- If food is necessary, keep it simple and healthy
- Always offer healthy traditional foods when possible
- Always include fruit at breakfast and a fruit and/or vegetable option at the other meals (Lunch or Dinner)
- Offer complex carbohydrates such as whole grain breads and crackers, rather than simple carb foods that are high in white flour and sugar
- Serve baked, broiled or grilled items instead of fried, breaded or sautéed
- Always include vegetarian options
- Always serve gravy, sauce and dressing on the side
- Serve appropriate portions as recommended on food labels
- Consider offering pre-portioned items
- Serve foods containing healthy fats like olive oil, butter, coconut oil, avocado oil or red palm oil
- Serve foods that are low in salt and sugar
- Offer natural sweeteners like stevia. Avoid artificial sweeteners like Splenda, NutraSweet, Sweet n Low and Equal
- If serving desserts, serve lower sugar options in small bite-sized portions (Avoid artificial sweeteners)
- Always provide water as a beverage choice
- Serve food that allows options for people with dietary restrictions or special diets, such as food allergies

Other Healthy Food Tips

- ✓ Healthy food options should have no more than 300 calories per item and entrées no more than 15 grams of fat
- ✓ When possible, ask event attendees about special dietary needs before ordering food
- ✓ Allow adequate time for meals so attendees can take their time eating to allow their body to tell their brain it's full and satisfied (It takes 20 minutes after eating for the brain to know that the stomach is full)
- ✓ Avoid being the food police – these are options and encouragements, not hard fast rules
- ✓ Pay attention to nutritional information on foods served and ask caterers for that information as well. Many caterers are accustomed to providing this information, you just need to ask
- ✓ For meetings lasting longer than 2 hours allow for adequate time for physical activity during break time

Suggestions

Breakfast

- Fresh and dried fruit
- Whole grain breads, whole grain mini bagels or mini muffins
- Unsweetened whole grain cereals and granola
- Low-sugar and low-fat whole grain granola bars or cereal bars
- Unsweetened, Greek yogurt
- Part-skim cheese (white cheese)
- Lean ham, Canadian bacon, turkey sausage or wild game
- Eggs - hard-boiled or scrambled, cooked with healthy fat
- Oatmeal – steel cut

Lunch and Dinner

- Fresh fruit and vegetables (Vegetables raw/roasted/steamed)
- Salads with dressing on the side
- Whole grain breads, rolls or pasta
- Low-fat cheeses such as mozzarella
- Skinless, boneless poultry or seafood
- Lean beef
- Turkey sausage
- Wild Game - (elk, venison, buffalo, fish)
- Broth-based soups
- Low-fat deli meats
- Protein alternatives such as beans or organic tofu
- Baked potatoes or Jerusalem artichokes with low-fat toppings
- Wild Rice

Desserts

- Naturally sweetened desserts
- Angel food cake with fresh fruit
- Fresh fruit, baked fruit with stevia
- Small cookies
- Small rice krispie bars
- Cake – 2” square
- Low-sugar ice cream or frozen yogurt (1/2 cup)
- Chocolate - should be dark rather than milk whenever possible (70% or more cocoa is healthiest)

Condiments

- Salsa - fresh is best
- Stone ground mustard
- Honey or Maple Syrup (local is best)
- Herbs and spices - low salt
- Low sugar yogurt (live active culture) or cream cheese
- Butter - organic if possible
- Unsweetened cream or cream substitutes – organic if possible
- Stevia-based sweeteners
- Naturally sweetened fruit spreads
- Low sugar BBQ, steak or hot sauce
- Teriyaki or soy sauce, low salt
- Pepper sauce
- Vinegars (balsamic, red wine, white wine, rice, etc.)
- Olive oil

Snacks and Breaks

- Fresh fruit and vegetables
- Low-fat cheese like mozzarella
- Whole grain crackers or whole grain pretzels (low salt)
- Unsweetened, Greek yogurt
- Low-salt popcorn
- Baked low salt tortilla or potato chips
- Low-fat dips like bean, hummus or fresh guacamole

Beverages

- Water (Pitchers are best for environment)
- 100% fruit and vegetable juices
- Regular and decaf coffee
- Tea, hot or iced (including herbal)
- Stevia sweetened soft drinks
- Stevia sweetened lemonade or punch
- Low-fat (1%) milk or unsweetened organic almond or soy milk

A key to serving healthy meals is to serve food in healthy portion sizes. This helps people to make healthy choices without feeling cheated.

Use 8 ounce cups and 9 inch plates. Serve food to participants rather than doing self-serve food.

Foods to Minimize or Avoid

- Artificial sweeteners because they can cause insulin resistance and diabetes
- Fried foods like French fries and potato chips
- High fat sauces and gravies or cream-based soups or sauces
- Sugared or artificially sweetened soft drinks or juices
- High sugar and fat doughnuts and sweet rolls
- Foods containing high fructose corn syrup or monosodium glutamate (MSG)
- Cream-based salads like potato salad or coleslaw
- High fat meats

What does a serving size look like?

- 1 teaspoon of dressing or spread = tip of thumb to first joint
- 3 oz. of meat = deck of cards
- 1 oz. of sliced lunch meat = DVD disk
- 1 ½ oz. cheese = 4 stacked dice or 2 slices
- Standard size bagel = hockey puck
- A 1 oz. chicken finger = tube of lipstick
- ½ cup = 1 baseball or the size of a fist
- 4 oz. of juice = one serving

For more information go to:

Healthy Meeting Toolkit:

<http://www.nursingworld.org/MainMenuCategories/WorkplaceSafety/Healthy-Nurse/Healthy-Meeting-Toolkit.pdf>

My Native Plate:

http://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/InstantDownloads/MyNativePlate2_508c.pdf

The Best Sugar Substitutes for People with Diabetes

<http://www.healthline.com/health/type-2-diabetes/diabetes-stevia#sugar-substitutes2>

Nutritional Information for many foods and a tool to analyze recipes: <http://nutritiondata.self.com>

References:

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