



Group 1: Native Americans

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Per capita income

- Recoded from the 2020 Census, there are 6.8 million Native Americans with an estimated income of \$43,800- \$61,200. Level of unemployment reached 6.1%. 16.3% of Native Americans do not use commercial banking. Remains the lowest minority in population while having a high poverty rate. From the 2005-2019, the American Community Survey Briefs conducted only 15% of native Americans have a bachelor's degree, or higher.
- Native American woman suffer a widen wage gap in compared to the men, regardless of academic degree(s)



Environmental and geographic conditions as they relate to food availability

- Number of Native American resigen in 15 states. Alaska has the highest relative population of Native Americans, making up almost 20% of the states. Crossing over from the Bering land bridge from Siberia
- Most Native American prefer to live close contact with land areas rather than urban areas
- Farming, hunting, fishing, and gathering are the most common methods for collecting for Natives Americans

Language and cultural history

- Prior to the arrival of Europeans in North America, there were over 300 distinct Native American languages spoken in North America.
- Native American cultures were diverse. Their societies were organized into tribes, with each tribe having their own unique cultural practices, beliefs, and traditions.
- In the 16th century, the Europeans arrived which led to many changes in Native American language and culture. (Technologies, diseases, and social/economic systems)

Predominant religion(s) and holiday food practices

- Religion permeates all aspects of life.
- Religion is aligned with the holistic view of the world.
- Religious concepts influence the physical and the emotional worldview.
- Christianity conversion has been rejected by many Native Americans and it is rejected at higher rates in the Southwest than anywhere else In the United States

Predominant religion(s) and holiday food practices

- Sweat lodge purification rites are important for the Navajo, Arizona Hopi, Rio Grande Pueblo, Potawatomi, Lakota, and Dakota have retained most of their native religious values and rituals.
- The Drum Dance Cult and the Medicine Bundle religions were influenced by European interaction. Spiritual elements from different ethnic groups influence how people who follow this religion practice their faith.

Predominant religion(s) and holiday food practices



“Inipi” means sweat lodge

Sweat lodges are used to connect a person to themselves physically and mentally. The purpose is to purify their spirit. It is not used like a sauna or a non spiritual sweat lodge which is meant to detoxify the body.

Sweat lodges are used to connect Native Americans to mother nature through its symbolization of the womb of a mother.

Predominant religion(s) and holiday food practices

- The Ghost Dance Religion was founded in the 1880's by Wovoka, a Paiute visionary. The Ghost Dance Religions purpose was to prophecy the end of white man's rule over Native Americans through prayers, abstinence from alcohol, and ritual dancing.



*Oh Great Spirit,
who made
all races.
Look kindly
upon
the whole
human family
and
take away
the arrogance
and hatred
which
separates us
from our
brothers and sisters.*

Native American Prayer

Dr. Channing



Predominant religion(s) and holiday food practices

The Ghost Dance Religion



Drumming was a form of bringing spirituality and healing to the tribe. Another function was to gather the community in one ritual. The hide covered drum was placed in the center of the circle and many singers would take their turns singing.

A quote from Joseph Brown (Native American Scholar):

“Now about that drum that we sing by. Our old people say when the drum is brought to you-when you accept the drum-it's just like adopting...another member in your family.” You've got to be good to other people as they were good to bring you the drum. You got to take care of the people that brings the drum to you and everybody that's connected with it. Now that's what our old people thought about the drum.

Predominant religion(s) and holiday food practices



<https://iloveancestry.com/topics/ancestry/north-america/native-american-indian/wovoka-paiute-medicine-man-ghost-dance-movement/>

Wovoka was known as a medicine man born in Smith Valley, Nevada in 1856 and died in Yerington, Nevada on September 20, 1932.

Medicine Man

A medicine man is a man or woman called on in a tribe to heal physical, mental, and social dysfunctions.

Functions include:
Removing objects through sucking or pulling. Objects may include projectiles that penetrate the surface of the skin.

Predominant religion(s) and holiday food practices

- Many Native Americans embrace Christianity by adding Christian practices to the faith or by converting to Christianity although adherence to their native religion is also followed.
- It is common for Native Americans in urban areas to adhere to Roman Catholicism and Protestantism
- Native Americans have been found to follow Russian Eastern Orthodoxy in Alaska and among the Alaska Natives.

Predominant religion(s) and holiday food practices

- It is a common practice to have feasts for religious ceremonies.
- Celebration for maple, planting, green corn, strawberry harvest, and New

Years Festivals were known as seasonal celebrations for the northeastern



<https://petticoatsandpistols.com/2017/02/07/iroquois-sugar-maple-festival/>



**Kanatsiohareke Mohawk Community
Strawberry Festival**

June 25-26 10:00 am - 6:00 pm

A weekend of Mohawk culture & fun.
All are welcome!
Make new friends, see old friends, share traditions, learn about the Mohawk Culture. Celebrate the strawberry harvest with us!



Traditional & Contemporary Iroquois Music & Dance
Food, Fun, Storytelling,
Arts and Crafts, Silent Auction and more

Admission: Adults - \$5.00
Seniors & Children under 12 - \$3.00
Children under 5 - Free

Kanatsiohareke Mohawk Community
493+ State Highway 9, Fonda, New York
Phone: 315-294-9270 www.mohawkcommunity.com
One hour west of Albany between exits 28 & 29 of I-90

Predominant religion(s) and holiday food practices



The Green Corn Festival

- Among the northern Native American nations it was common to have a celebration of a new harvest of corn named the Green Corn Festival.

During this time no one was allowed to eat new corn until the ceremony was finished.

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein

Sources:

- Meat
- Poultry
- Fish
- Eggs
- Legumes

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Meat

- Bear
- Buffalo
- Deer
- Elk
- Moose
- Beef
- Opossum
- Otter
- Porcupine
- Rabbit
- Raccoon
- Squirrel
- Pork
- Lamb

Meat is a favorite for Native Americans

Game is not eaten often

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Bear



<https://www.nps.gov/lac/learn/nature/ursus-arctos.htm>

Macronutrient Content: Per 3oz

kcal:220

Fat: 11g

Protein: 28g

Carbohydrates: 0g

Uses

Symbol of wisdom

Guardians

Teachers

Healers

Leaders

Believed to heal their own wounds

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Moose



<https://www.britannica.com/animal/moose-mammal>

Macronutrient Content: 3oz

kcal: 88

Fat: 1.3g

Protein: 19g

Carbohydrate: 0g

Uses

Temporary shelter

Temporary canoes

Winter blankets

Clothing

Containers

Bones

As dice

Needles

Spear points

Pipe bowls

Fishing Hooks

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Porcupine



<https://sciencing.com/differences-between-porcupine-hedgehog-8182400.html>

Macronutrient Content: 1 Serving
kcal: 349
Fat: 7.8g
Protein: 30.6g
Carbohydrate: 33.8g

Uses

Delicacy
Quills

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Poultry and Small Birds

- Duck
- Goose
- Lark
- Pheasant
- Quail
- Seagull
- Wild Turkey



Lark

https://www.google.com/search?hl=en&rlz=1C1VDK8_enUS969US969&oeq=pheasant&ag=chrome.0.01271461340433512024617519915120202635120131143346504611314336504611991433465512013114336504611751991512.2333044&sourceid=chrome&ie=UTF-8#imgcr=CUL4L3JN6GzGL2M



Pheasant

https://www.google.com/search?hl=en&rlz=1C1VDK8_enUS969US969&oeq=pheasant&ag=chrome.0.01271461340433512024617519915120202635120131143346504611314336504611991433465512013114336504611751991512.2333044&sourceid=chrome&ie=UTF-8#imgcr=CUL4L3JN6GzGL2M



Quail

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Fish, Seafood and Marine Mammals

- Abalone
- Bass
- Catfish
- Clams
- Cod
- Crab
- Eel
- Flounder
- Frogs
- Halibut
- Herring
- Lobster
- Mussels
- Olechan
- Oyster
- Perch
- Red Snapper
- Salmon
- Seal
- Shad
- Shrimp
- Smelts
- Sole
- Sturgeon
- Trout
- Turtle
- Walrus
- Whales

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Fish Seafood and Marine Mammals



Shad

https://www.google.com/search?rlz=1C1VDKB_enUS969US969&sxsrf=APwXEdf-aj4ZNste4v1ZwJ-S-bT-2elhtUQ:1683700131534&q=Shad&tbm=isch&sa=X&ved=2ahUKEwif8_3hj-r-AhWCLVkfHVWCCxQQ0pQJegQIDRAB&biw=1707&bih=764&dpr=1.13#imgsrc=U-5bUE0DCwJPvM

Macronutrient Content: Per 100g

Kcal:208

Fat: 10.86g

Protein: 25.48

Carbohydrate: 2.08g

Uses

Delicacy

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Fish, Seafood, and Marine Mammals



Sole

Macronutrient Content: 4 ounce
kcal: 79
Fat: 2g
Protein: 14g
Carbohydrates: 0g

Uses

Food
Fertilizer

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Fish, Seafood and Marine Mammals



<https://www.britannica.com/animal/sturgeon-fish>

Macronutrient Content: Per 3oz
kcal:89
Fat:3.46g
Protein: 13.57g
Carbohydrates: 0g

Uses

To thank the higher powers for providing them with food

For nutritional value

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Eggs

- Bird Eggs
- Fish Eggs



[/search?q=bird+eggs&rlz=1C1VDKB_enUS969US969&oeq=Bird+Eggs&aqs=chrome.0.0i131i433i512j0i512i9.3128j0j9&sourceid=chrome&ie=UTF-8#imgsrc=2-4L_xkga0_im](https://www.google.com/search?q=bird+eggs&rlz=1C1VDKB_enUS969US969&oeq=Bird+Eggs&aqs=chrome.0.0i131i433i512j0i512i9.3128j0j9&sourceid=chrome&ie=UTF-8#imgsrc=2-4L_xkga0_im)



https://www.google.com/search?q=bird+eggs&rlz=1C1VDKB_enUS969US969&oeq=Bird+Eggs&aqs=chrome.0.0i131i433i512j0i512i9.3128j0j9&sourceid=chrome&ie=UTF-8#imgsrc=GUJbu2PbYp9IM



Greenlip Abalone Eggs

https://www.google.com/search?rlz=1C1VDKB_enUS969US969&xsrf=APwXEdfzBd-iLDk6AzmGuD3UrbWg15rZmQ:1683646753892&q=abalone+eggs&tbn=isch&sa=X&ved=2ahUKEw9pcX1yOj-AhU4kyEHYtCZ8Q0pQJegQIDB&biw=1707&bih=764&dpr=1.13#imgsrc=fC_8sXiB0vJD5M

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Signature Dish: Cedar Plank Salmon



Macronutrient Content:
kcal: 306.2
Sodium: 16g
Total Fat: 13 g
Fiber: 1 g
Sugar: 1g
Carbohydrates: 8g

Health Benefits:
Helps reduce risk of cancer, strengthens bone, and improves heart health and memory.
Contains vitamin B1, B12, and D.
Great source of Omega-3 and protein.

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Protein Sources: Legumes

- Pinto
- Navy
- Kidney
- Tepary

Uses

Soups

Stews

Pureed to make creamy soups and dips



Tepary Beans

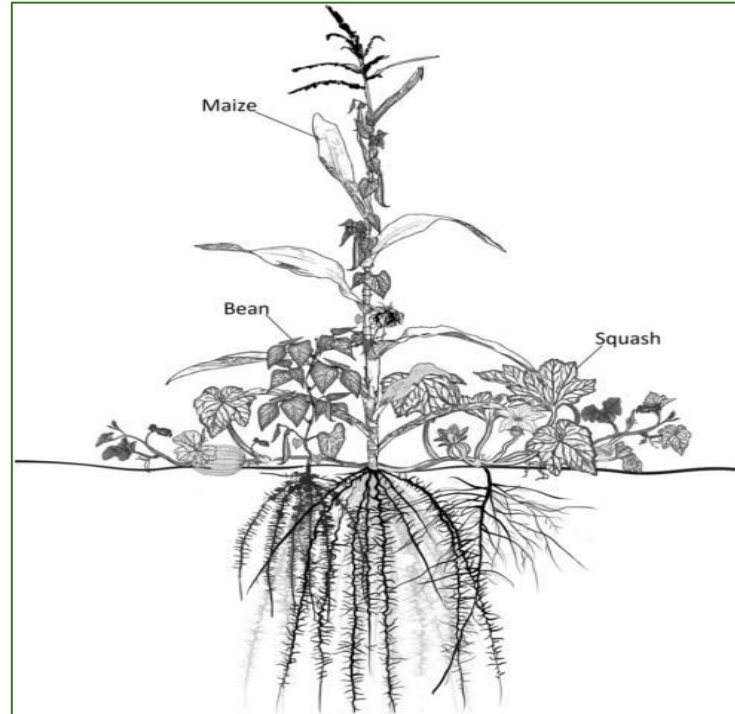
<https://sweetgrasstradingco.com/2020/07/13/how-to-cook-with-tepary-beans/>

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources:

The Three Sisters

- Corn
- Beans
- Squash



Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Signature Dish: Three Sister Stew



Macronutrient Content:

kcal: 145

Sodium: 87g

Total Fat: 1 g

Fiber: 10 g

Sugar: 6g

Carbohydrates: 28g

Health Benefits:

Beans: high in Fiber.

Corn: low in Saturated fat.

Squash: contains Vitamin A and folate, which helps protect against birth defects. contains minerals such as copper and magnesium.

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Wild Jerusalem Artichoke



<https://thegrownetwork.com/jerusalem-artichoke/>

Starchy tuber related to the sunflower plant

Uses

It was used to add variety to a diet and as an emergency food source as a source of carbohydrates because it was resistant to insects and droughts.

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Wild Rice



Contains antioxidant and lower lipids properties.
helps prevent chronic pain, diseases, overall
improve immune health and skin.

Rich in magnesium, vitamin a & e, potassium, zinc

Higher levels of protein in compared to brown rice

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Signature Dish: Wild rice with Cranberries & Mint



Macronutrient Content:

kcal: 331

Sodium: 359g

Total Fat: 20 g

Fiber: 3 g

Sugar: 9g

Carbohydrates: 35 g

Health Benefits:

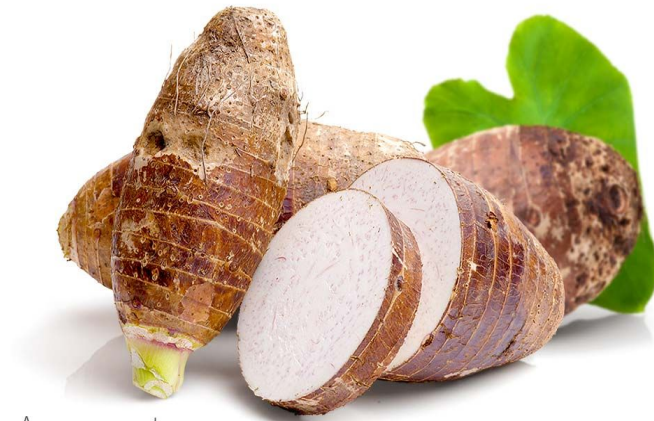
Wild Rice: Great sources of protein and fiber

Dried Cranberries: Cholesterol, Sodium, and Fat-Free

Mint: helps process digestion, strengthens the liver, ensures healthy skin

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Arrowroot



Arrowroot

www.herbazest.com

Good Source of carbohydrates including fiber. As well as Manganese to help build connective tissue, establish hormone balance, and blood clotting.

Calcium, copper, folate, iron, and vitamin B5 are also present but not in large amounts.

Uses

Poultice for snake bites, insect stings, or bites, and skin sores

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Cassava (yucca, manioc, tapioca)



Cassava Contains 38g Carbs per 100g

<https://www.weekand.com/healthy-living/article/yucca-root-nutrition-18024939.php>

Yucca is the root of the cassava plant

Manioc flour has more fiber than tapioca flour and is a name used interchangeably with cassava.

Tapioca is a starch extracted from cassava root

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Groundnut (Apios)



<https://www.tyrantfarms.com/how-to-grow-american-groundnuts/>

Macronutrient Content: Per 100g

Kcal: 610

Fat:49.24g

Protein:25.80g

Carbohydrates:16.13g

Health Benefits of Groundnuts:

- AFP2 Provides a neuroprotective effect
- Improves the immune response
- Isoflavones help prevent breast and prostate cancer

Uses

Food
Treat skin conditions

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Indian Breadroot



Macronutrient Nutritional Content: Per 12.6g

Kcal: 20

Fat: 0.05g

Proten: 0.33g

Carbohydrates: 4.49g

Starch Content: 69.9%

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Jicama



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Macronutrient Content: Per
Kcal:49
Fat: 0.1g
Proten: 1g
Carbohydrates: 12g

Health Benefits:

- High in Antioxidants
- May improve heart health
- Promotes Digestion
- Good for gut bacteria
- May Reduces the risk of cancer
- May aids weight loss
- Many culinary uses

Uses

Fish poison
Starchy vegetable as
a source of
carbohydrates

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Malanga (Yautia)



<https://www.cook2eatwell.com/malanga/>

Macronutrient Content: Per a 142g cup
Kca: 200
Fat: 0.2g
Protein: 0.7g
Carbohydrates: 48.8g

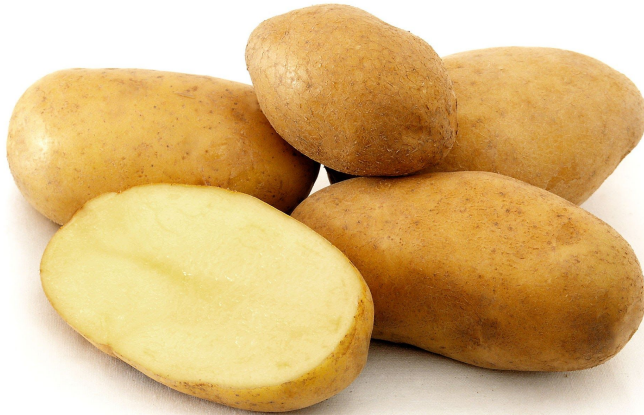
Taste: Woody or Earthy

Health Benefits:

Reduce cholesterol
Reduce weight and risk of diabetes
High in antioxidants

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Potatoes



Macronutrient Content: Per148g

Kcal: 110

Fat: 0g

Protein:3g

Carbohydrates: 26g

Uses of Potatoes:

Boiling and grinding into flour or yeast

Health Benefits:

Good source of vitamin C and
Potassium

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Starch Sources: Sweet Potatoes



<https://www.acouplecooks.com/roasted-sweet-potatoes/>

Macronutrient Content: Per 100g

kcal: 86

Fat: 20.1g

Protein: 1.6g

Carbohydrates: 20.1g

Taste: Sweet

Best during early winter
and fall

Health Benefits:

Good source of vitamin A

South America:

Spanish

North America:

Europeans

Uses

Can be baked, boiled or
fried to be added to a
variety of dishes

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Vegetables

- Avocado
- Bell peppers
- Cactus
- Pumpkins
- Squash
- Tomatillo
- Tomatoes

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Vegetable: Avocado



Macronutrient Content: Medium Avocado

kcal: 240

Fat: 22g

Protein: 3g

Carbohydrates: 13g

Health Benefits of Avocado:

Eye Health

Heart Health

Reduce risk of osteoporosis

May prevent cancer

Fetal health

Reduce depression

Natural detoxification

Dish made with avocado:

Avocado rice

Uses

Guacamole

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Vegetable: Bell Peppers



Macronutrient Content:

kcal: 31

Fat: 0.3g

Protein: 1g

Carbohydrate: 6g

Health Benefits:

Eye health

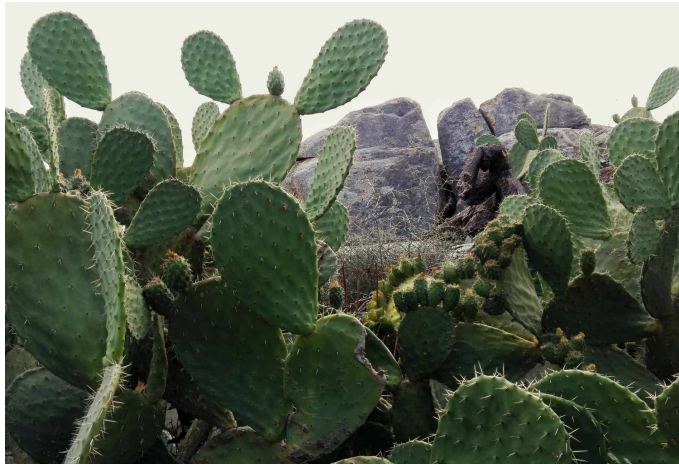
Reduced risk of anemia

Uses

Treat: Colds, Fever and
gangrene

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Vegetables: Cactus



<https://www.thespruceeats.com/all-about-pickled-nopales-1327779>

Macronutrient Content: 1 cup raw
kcal:13.8
Fat: 0.08g
Protein: 1.14g
Carbohydrates: 2.86g

Health Benefits:

Helps with glaucoma
Fatigue
Liver conditions
Wounds
Ulcers

Uses

Medicine
Food
Needles
Containers
Water

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Vegetables: Pumpkins



<https://mygardenlife.com/garden-tips/10-types-of-pumpkins-to-grow>

Macronutrient Content: Per 245g

kcal: 137

Fat: 7g

Protein: 3g

Carbohydrates: 19g

Health Benefits:

Immunity

Heart Health

Metabolic Health

Eye Health (Beta Carotene)

Skin Health

Uses

Seeds eaten baked,
boiled, roasted or dried

Used in soups

Made into flour

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Vegetables: Squash



Macronutrient Content: 1 cup of raw squash
kcal: 63
Fat: less than 1g
Protein: 1g
Carbohydrate: 16g

Health Benefits:

Improved eye health
Reduced risk of depression
Improved skin health

Uses

Breads	Storage
Stuffings	Containers
Soups	
Desserts	
Utensils	
Instruments	

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Vegetables: Tomatillo



<https://www.britannica.com/plant/tomatillo>

Macronutrient Content: Per 34g
kcal: 11
Fat: 0.3g
Protein: 0.3g
Carbohydrates: 2g

Health Benefits:

Supports Heart Health
May reduce cancer risk
Improves arthritis symptoms
Prevents vision loss
Supports weight loss

Uses

- Treat headaches
- Stomachaches
- Dress Wounds
- Healthy Eyes

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Vegetables: Tomatoes



<https://www.almanac.com/plant/tomatoes>

Macronutrient Content: Per 100g

kcal: 34.67

Fat: 4.96g

Protein: 17.71g

Carbohydrates: 5.96g

Health Benefits:

Heart Health

Cancer prevention

Skin health

Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Signature Dish: Fried Green Tomatoes



Macronutrient Content:

kcal: 122

Sodium: 359g

Total Fat: 3.3 g

Fiber: 3 g

Sugar: 9g

Carbohydrates: 35 g

Cholesterol: 1 g

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Fruits:

- Berries
- Cactus fruit
- Cherimoya
- Cherries
- Grapes
- Guava
- Mamey
- Papaya
- Passion Fruit
- Pawpaw
- Persimmon
- Pineapple
- Plums
- Soursop

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Fruits: Indian Gooseberry



<https://encrypted-tbn1.gstatic.com/licensed-image?q=tbn:ANd9GcR4ISF1jnDso4K2OcJ9NRyEilzZ84hE-FNILRAvc8N0IF8fZGo5Y8HLQSa0QuqOBOTLLjb6p5VH00mj8>

Macronutrient Content: Per 150g
kcal: 66
Fat: less than 1g
Protein: 1g
Carbohydrates: 15g

Used to makes stews, pemmican
currant soup, and consumed by
children

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Fruits: Huckleberries



<https://www.nationalforests.org/blog/2014/01/15/what-are-huckleberries/>
berries#:~:text=What%20are%20huckleberries%3F,in%20the%20underbrush%20of%20forests.

Macronutrient Content: Per 100g

kcal: 37

Fat: 0.1g

Protein: 0.4g

Carbohydrate: 87g

Uses of huckleberries:

Carbohydrate source

Mix with pemmican

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Prominent Fruits: Loganberries



<https://www.britannica.com/plant/grape>

Macronutrient Content: Per 100g

kcal: 55

Fat: 0.31g

Protein: 1.52g

Carbohydrate: 13.02g

Uses of loganberries:

Wojapi: A native american berry sauce

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Spices and Seasonings

- Allspice
- Chile Peppers
- Chocolate
- Maple Syrup
- Sassafras
- Spicebush
- Vanilla

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Spices and Seasonings: Allspice



<https://www.britannica.com/plant/allspice>

Macronutrient content:

kcal: 5

Fat: less than 1g

Protein: less than 1g

Carbohydrate: less than 1g

Health Benefits:

Slow the progression of cancer

Pain relief

Ease menopause

Prevent infections

Treat nausea

Reduce inflammation

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Seasonings and Spices: Chile Peppers



Macronutrient Content:

kcal: 6

Fat: 0.1g

Protein: 0.3g

Carbohydrates: 1.3g

Uses of chile pepper:

Spice

Used to treat asthma, coughs, sore throats, and hangovers

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Spices and Seasonings: Chocolate



<https://barandcocoa.com/pages/how-are-cocoa-beans-processed-after-harvest>

Macronutrient Content: Per 2g

kcal: 11

Fat: 1g

Protein: 0g

Carbohydrate: 1g

Uses:

Previously used as currency

Religious ceremonies of birth
and marriage

Power and energy

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Spices and Seasonings: Maple Syrup



Uses of maple syrup:

Gifts

Special beverage (maple syrup dissolved in water)

Trading

Mix with grains, berries, and bear fat

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Spices and Seasonings: Sassafras



Uses of Sassafras

Used as a tea to purify blood and to heal illnesses such as:

Syphilis

Rheumatism

Venereal disease

Ague

Fever

Fatigue

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Spices and Seasonings: Spicebush



<https://indigescares.com/blog/spicebush>

Uses of Spicebush

Blood purifier

Sweating

Cold's

Rheumatism

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Spices and Seasonings: Vanilla



<https://www.livestrong.com/article/298410-what-are-the-health-benefits-of-vanilla-extract/>

Uses of Vanilla

In the past
Used to make tlilcochit
Combined with cocoa
exclusively

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Beverages

- Buffalo berry tea
- Mint tea
- Peyote tea
- Rose Hip tea
- Sassafras tea
- Spicebush tea
- Sumac berry tea
- Yerba buena tea
- Honey and water

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Beverages: Sumac tea



<https://blogs.umass.edu/abischof/2010/07/01/beh-old-a-cool-sumac-tea/>

Uses of Sumac tea:

Treat

Scurvy

Sore throats

Asthma

Infections

Cold sores

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Beverages: Peyote Tea



<https://www.parksconservancy.org/park-e-ventures-article/freshly-picked-tasty-tea-recipes>

Uses of yerba buena tea:

Treat

Indigestion

Cold

Arthritis

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Desserts: Indian Pudding



Ingredients

- Eggs
- Whole milk
- Half and half
- Granulated sugar
- Molasses Powdered Sugar
- Nutmeg
- Salt
- Yellow cornmeal
- vanilla extract

This dessert is a combination of cornmeal offered to colonists by native americans and molasses from the rum industry

5. Major foods: Protein sources, starch sources, fat sources, prominent vegetables, prominent fruits, spices and seasonings, beverages, desserts

Desserts: Acorn Bread



Ingredients

Olive Oil

Active dry yeast

Salt

White flour

Finely ground acorn flour

Often prepared during thanksgiving

<https://www.inthekitchenwithmatt.com/acorn-bread>

Food values, health beliefs, food taboos, health seeking food behaviors

- Sharing of food is also highly valued in the community.
- Guests are usually offered food; in some tribes, refusal is a sign of rudeness.
- Any leftover food prepared in a family is given to other community members to avoid wastage.

In the past, Native Americans who occupied inland regions experienced lack of food, which led them to recognize food as sacred and to believe that food was considered a gift from nature.



<https://thesacredplate.wordpress.com/tag/intuitive-eating/>

The map below shows the regions inhabited by different Native American tribes.



- Native Americans can only get care at facilities controlled by the Indian Health Service.
- Due to the diverse health ideologies that the communities hold. The idea that pregnancy is a healthy state is one health belief that prevents native americans from seeking better health.
- Fewer Native Americans obtain professional treatment when pregnant. Furthermore, there is a lot of suspicion among the medical community, which can affect their ability to provide care and identify risks.



<https://www.rochester.edu/newscenter/native-americans-government-authorities-and-the-reproductive-politics-403792/>

- Beyond the food values held by the community, food taboos and restrictions are also common.



Organ meats | Fish | Meat | Milk

<https://www.bioanalyt.com/vitamin-b1-magnesium/>

- Despite regional variations, many Native Americans thought that foods including organ meats, fish, meat, milk were not beneficial.



<https://www.alamy.com/stock-photo/native-american-three-sisters.html?sortBy=relevant>

- Understanding the health-seeking food behaviors of Native Americans requires the different health beliefs held by the communities.
- The community did believe in the traditional use of foods to manage certain illnesses. For example, the community assumes that corn contains healing techniques and can reduce heart palpitations. Similarly, pumpkin pastes were used in the community to alleviate burns. In addition to providing other nutrients, beans were a great source of protein.

- Zuni women also use corn to cure hemorrhage and manage irregular menstruation.
- On the other hand, meat and blue cornmeal were considered essential during sicknesses, among the Navajo.
- Meat in the Seminole.



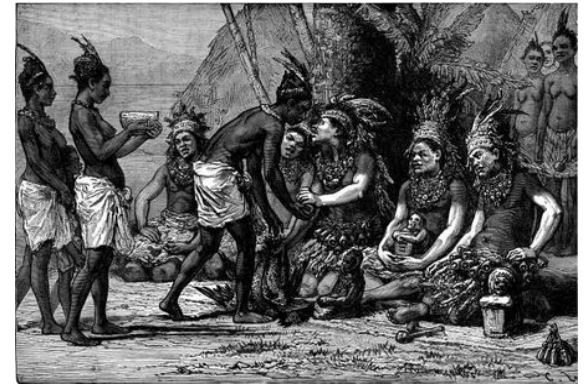
Zuni Woman

<https://nndigital.unm.edu/digital/collection/acpa/id/6151/>



Navajo

<https://grahistory.org/history/native-cultures/navajo/>



SEMINOLE

<https://www.gettyimages.com/photos/seminole-indians?assettype=image&phrase=seminole%20indians&sort=mostpopular&license=rf%2Crm>

9. Gender and family roles

- Family is the primary social unit in the Native American community. The extended family, in particular, is a critical aspect of the community. All blood kin in all generations is considered equal in the community, with little differentiation between distant and close relatives.
- Generally, the Native American culture is matrilineal, meaning that culture is passed down through the mother.
- In food preparation, men generally assumed the hunting role and caring for livestock. On the other hand, food preparation, storage, and gathering were related to the community's women.



Indian mother and baby is displayed ancestral items

https://svvnews.com/news/santa-barbara-museum-of-natural-history-returns-thousands-of-artifacts-to-chumash/article_812c9a8f-543d-5cac-a567-96af47a29ad6.html

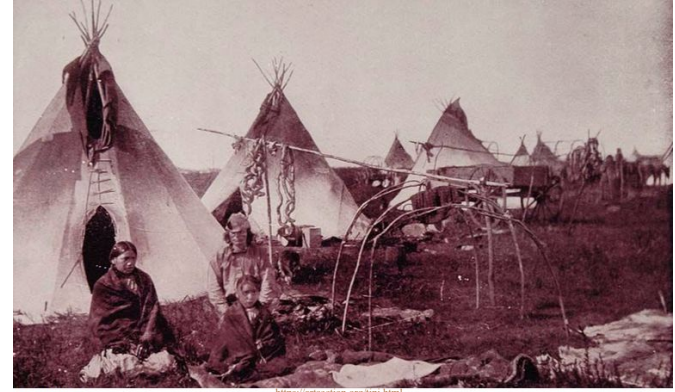
- The order of food service also varied among different cultures. For example, in the communities in the Northeast, men were generally served first before others, followed by children and women.
- But, men in the southwest region prepared the meat they had hunted and served to the women.



<https://www.angelfire.com/art/nativeherb/2com.html>

10. Influence of housing on food storage, sanitation and preparation

- The impact of housing on food storage, preparation, and sanitation among Native American communities can be significant. Historically, Native American communities have had a deep link to the land and have often relied upon traditional beliefs and practices to sustain themselves.
- Traditional houses like the tipis, longhouses, and hogans were often built with specific features for food storage and preparation.



The Native American tipi

<https://artsection.org/tipi.html>



Longhouse

<https://www.pinterest.com/pin/383861568212961215/>

- However, with modern housing, many Native American communities have faced significant changes in food storage, preparation, and sanitation practices.
- For example, many traditional houses had chimneys or smoke holes for proper ventilation and smoke escape while cooking. These allowances reduced the risk of fire or smoke inhalation.



Hogan

<https://www.ltc.com/history/navajo-heritage-photos/>

- Stored in baskets, gourds, and ceramic pots. Several varieties of gourds, hard-shelled members of the squash family, were cultivated and dried to use as containers and utensils.



Photography by Hoag Levins | HistoricCamdenCounty.com | HoagL@earthlink.net

CAMDEN, N.J. -- Straw mats, baskets, gourds fashioned into containers, bowls hewn from wood, and animal jaw bones were typical of the Lenape's domestic tools. These were part of the Lenape cultur and craft demonstration at the Camden County Historical Society.

<https://www.pinterest.com/pin/461267186828209256/>

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