



Northern California Indian Development Council, Inc (NCIDC)

www.ncidc.org

California Native Food and Nutrition Program

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Don't Panic, Its Organic!

So why the big buzz on organic foods? Organic food has been proven to be better for us. All organic food is grown and stored with out the use of artificial pesticides and fertilizers. Foods that are not grown organically may have a residue left from the pesticides the farmers used for pest control among their crops. Over time these chemicals can accumulate in fatty tissues and potentially cause long term damage.

There are over 7,000 artificial additives permitted in non-organic foods. These additives are used to make food last beyond its natural sell-by date, make it appear brighter or more colorful, and/or taste sweeter, saltier or just plain better than the manufacturer could manage without these crutches. So now the choice is yours. Remember the saying "Don't Panic, Its Organic."

Eat 5 A Day For Health !

According to recent research it is a major misconception that cost is the main reason nearly 80 percent of Americans

are not meeting the Food Guide Pyramid recommended minimum of five servings of fruits and vegetables each day. September is National 5 A Day Month- so find ways to add fruits and veggies to your diet!!!

The research shows that reaching the 5 A Day goal can cost as little as 64 cents a day. In purchasing fruits and vegetables consumers need to consider not only the price per pound, but also the number of servings obtainable from a pound.

A 5 A Day serving size is smaller than you think. There are over 127 different ways to eat a serving of fruits and vegetables for less than the price of a 3 ounce candy bar. Consumers that follow the Food Guide Pyramid can meet daily recommendations for fruits and vegetables for only 12 percent of their daily food expenditures. That leaves 88 percent of their food budget left for the other three food groups. (*See "What is a Serving" inside this edition.*)





Kid's Korner: Deadly Trend-Childhood Obesity

Childhood obesity is a growing health problem that has a major impact on American Indian youth and is caused by a number of factors including, limited PE classes in school, poor diets, increased time in front of computer or TV and fewer outdoor family activities. According to the National Library of Medicine 10% to 50% of American Indian and non-Indian children in the U.S. are obese. A study, released by the journal of the American Academy of Pediatrics, published findings on this alarming health issue: <http://www.aap.org/healthtopics/overweight.cfm>

Facts on childhood obesity in the United States:

- The number of overweight children has tripled since the 1970's
- 1 in 5 children in the U.S. are overweight
- The American Heart Association suggests children have 60 minutes of moderate to vigorous physical activity every day

Native Americans are at a higher risk for serious health problems from being overweight because they are more susceptible to Diabetes. To help combat the rising dangers of obesity families can; try to eat as many meals together as possible to sit down and talk about your daily experiences, go outdoors-move around, participate in cultural activities, get involved with recreation leagues and sports teams, take long walks together, picnic at the river or beach, gather traditional foods. For more ideas see: http://www.salmonoftheamericas.com/health_kids.html

Additional Resources On This Topic:

<http://www.americanheart.org/presenter.jhtml?identifier=3007589>

<http://www.acefitness.org/ofk/index.cfm>



Seniors Source: Eating Your Best For Less

Here are some great ideas to help lower food costs and to keep nutrition high.

- Cooking and eating at home costs less than eating out.
- Gardening can stretch your muscles and your budget.
- Buy fresh fruits and vegetables that are in season.
- Dried beans, rice and other legumes are high in nutrition, cost less, and can easily stretch your meals.
- Take part in group meal programs offered through local senior citizens programs.





Ask Dr. Coyote* Answers on food and exercise



Dear Most Revered Dr. Coyote:

I have been puzzled lately about organic foods and the use of pesticides . I am on a limited food budget and cannot afford to shop for all my food at a natural foods store. I am sure someone as wise as your furry self can help explain this to me-What To Eat?

Dr. Coyote's Response:

Dear WTE: I can see that you are a very wise person as you have come to seek my advice most humbly. I can only say one thing. Phhhttt! Organic food is for losers, don't you know it is grown in manure. Need I tell you where that comes from? Industrial agriculture teaches us that chemicals are by far the best things to put on our foods. Hey, would broccoli beef be the same without a huge dose of MSG? Come to think of it dump the broccoli, skip the beef and just enjoy the MSG.

Reasonable Health Practitioners Response:

You can buy organic food without sacrificing your family's financial health. You can go to different health food stores and compare the prices from each. Often times health food stores offer discounts on slightly damaged or close dated items and things no longer popular. Buying in bulk and making your own bread, juice and soup saves money. Try a local Farmer's Market that sells organic items. You can; join a Co-Op, pass up the pre-packaged foods, or plant a community garden. Here is a quick guide to help you decide where to best use your money in paying for organic food. (Source-www.foodnews.org). P.S. broccoli is rich in antioxidants, beta-carotene, vitamin C, phytochemicals, fiber, folic acid, calcium, and potassium.

| Highest In Pesticides | Lowest In Pesticides |
|-----------------------|----------------------|
| Apples | Avocados |
| Strawberries | Bananas |
| Potatoes | Kiwi |
| Bell Peppers | Pineapple |
| Spinach | Broccoli |
| Peaches | Onions |
| Celery | Peas |
| Cherries | Asparagus |
| Red Raspberries | Cauliflower |

**Please note that in many cultures, Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher dea salt (his section is intended as humor or parody). If you have any questions to ask of Dr. Coyote about diet, health, nutrition, or exercise please email: coyote@ncidc.org.*



Blackberries

Did you know that the blackberry is the state fruit of Alabama? Blackberries are also known as brambleberries, which refers to the type of plant family that it comes from.

Most of the blackberries that are raised for commercial use are raised on thorn-free vines. Blackberries are rich in many important vitamins and minerals such as Potassium, Vitamin A and Vitamin C.

Food Access:

Gleaning & Food Recovery

As the economy begins the long process to recovery it leaves Native American families with limited food resources. It is difficult to choose between; paying bills, buying medications, providing basic housing and clothing, and purchasing foods on already tight budgets. There are lots of resources available to help provide free or low cost access to nutritious food. You can investigate food stamps, food banks, gleaning projects (the collection of leftover crops from farmer's fields), or try planting your own garden. Native families have always had access to great natural food supplies. Try returning to a partial subsistence diet by hunting or harvesting local items such as berries, roots, nuts, fish, deer and other game or other fruits and vegetables gathered by Natives in your area. For more info see:

<http://www.secondharvest.org/>

<http://www.worldhungeryear.org/>

www.foodpantrynetwork.com/

Blackberry Pavlovas Dessert

Ingredients:

3 egg whites, room temperature
1/4 tsp. cream of tartar
1/4 tsp. vanilla extract
3/4 cup granulated sugar
13-ounce package of vanilla pudding mix
1 1/2 cups fat-free milk
16 1/2 ounces fresh blackberries

Directions:

Preheat oven to 350 degrees. Line large baking sheet with parchment paper. Trace six 3 1/2-inch circles on paper. Set aside.

Combine egg whites, cream of tartar and vanilla in a large mixing bowl. Beat at high speed with an electric mixer until soft peaks begin to form. Add sugar, 1 tablespoon at a time, while beating at high speed. Beat until mixture is thick and glossy. Spread about 1/2 cup meringue mixture over each circle on prepared baking sheet, mounding slightly around edges. Bake for 2 hours. Turn oven off. (Do not open door.) Let meringues stand in oven for 1 hour. Remove from oven and cool to room temperature. Set aside.

Combine pudding mix and milk in a large bowl. Stir well with whisk to combine. Let stand for 5 minutes, or until thickened. Peel paper carefully from meringues. Place meringues on serving platter. Spoon 1/4 cup of pudding into each meringue. Top evenly with blackberries.



This recipe can be found at www.healthychoice.com