

## Wild Salmon vs. Farm Salmon

There is a on-going controversy between the benefits of wild salmon verses the benefits of farm salmon. Here are some helpful tips to help you decide which is best for you:

### Wild Salmon

- Contains more essential fatty acids. These fatty acids help make the body chemicals, which are essential to the body's battle against cancer.
- Fish oil is good insurance against high cholesterol, high blood pressure, heart disease and rheumatoid arthritis.
- Natural coloring of the flesh is from the prey that they eat in the wild.
- Good clean source of protein.

### Farmed Salmon

- They don't have enough of the essential fatty acids.
- Full of additives
- The feed contains dye to color the flesh. Without the dye the flesh of the fish are an unappetizing gray.
- The fishmeal fed to them are more contaminated with dioxins than any other livestock feed.
- Health professionals suggest you only consume farmed salmon once every 3 months
- If farmed salmon escapes they bring disease to wild stocks

## Salmon Burgers Fresh From the River

1/2 lb. fillet of fresh salmon  
 1/4 cup thinly sliced green beans  
 2 tbsp. finely chopped onions  
 1 egg white, lightly beaten  
 2 tbsp. instant mashed potatoes  
 Pinch cayenne pepper  
 1/2 tsp. salt  
 Freshly ground black pepper

### **Nutritional Information:**

Makes 4 servings, each containing  
 110 calories and 4 grams of fat.

•Remove the skin from the flesh of the fish. Coarsely chop the salmon. Place in a bowl.

•Add beans, onion and egg white to salmon. With a fork, stir to blend. (The mixture will be quite wet) Mix in mashed potatoes, salt, cayenne pepper and a generous amount of freshly ground pepper. Form mixture into 4 burgers, wetting your hands first with cold water. If you like you can add a dash of lemon juice.

•Heat a nonstick skillet over medium-high heat. Add salmon burgers, reduce heat and cook 5 minutes. Turn and cook 5 minutes on other side, until fish is cooked and burgers are opaque all the way through.



Northern California Indian Development Council, Inc. (NCIDC)

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## February Cancer Awareness Month, & March National Nutrition Month Summer Food Bulletin Women Infants & Children

The Summer Food Service Program (SFSP) is a federally-funded grant that reimburses sponsors for administrative and operational costs for providing meals to children 18 years of age and younger during periods when they are out of school for fifteen (15) or more consecutive school days. For more info see: <http://www.ncidc.org/food/crframes.htm>

The California State Department Of Education is holding trainings for organizations and/or tribes that are interested in applying for this years 2004 funding cycle. If you are submitting an SFSP application, it is mandatory that you attend. These dates are March 23rd, March 25th, March 30th, April 15th, April 20th and April 22nd. The sites of the trainings are not yet confirmed. You can check our website or call us toll free @ (800) 566-2381 to get updated information. If your tribe or organization would like to attend this workshop a limited number of scholarships are available to help cover cost of participation. For more information please email [dwoodman@ncidc.org](mailto:dwoodman@ncidc.org)

Summer food funds can be used to provide healthy lunches for culture camps, child care programs, summer sessions of Head Start or for lunches for summer work program participants. We can put you in touch with tribes that have run past successful summer food programs, just give us a call.

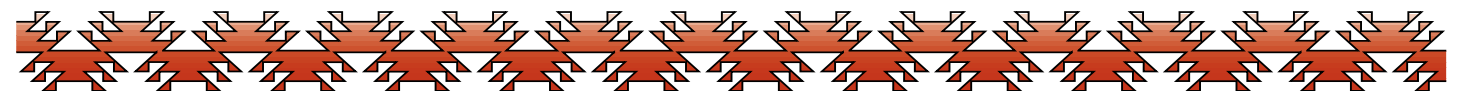
The federal nutrition program for Women, Infants, and Children - better known as the WIC Program - helps families with children under 5 by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. You can find additional news about WIC @: <http://www.dhs.cahwnet.gov/pcfh/WIC/> or contact the National WIC association @: <http://www.nwica.org/>



### Changing Your Routine

We all are creatures of habit. Most habits are hard to break, especially the ones involving food. By focusing on the factors that you can control, reducing your cancer risk is easy and affective. By having healthier eating patterns, getting regular exercise, not smoking, limiting exposure to carcinogens and maintaining a reasonable weight you can reduce your cancer risk by 30-40%.

Make the changes in your routine slowly. Gradually substitute healthy fruits and veggies for fattening foods with too many additives. Exercise on a regular basis and increase your daily activities.



**Food Resources:**

Healthy Share is a nondenominational, non-profit food distribution program that is committed to building healthy families by providing you affordable groceries.

It is open to everyone and there is no income or age qualification. The paid, prepackaged groceries are first quality food.

**For more information:**

Call 1-800-268-8500 or email them at [healthysare@hotmail.com](mailto:healthysare@hotmail.com)



**American Institute for Cancer Research  
Diet and Health Guidelines for Cancer  
Prevention**

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store foods safely.

***And, always remember...***  
**Do not abuse tobacco in any form.**

**Are you at risk?**

Each year more and more people are being diagnosed with cancer. Native people are not immune to this. Women are also likely to get other types of this disease besides breast cancer. It is estimated that 75,000 women and men will get colon cancer this year. It is also estimated that 1,900 of them will be under the age of 40. The great news is, this type of cancer is highly preventable. It only takes you and a little effort.

**Here are some tips to help reduce your risk:**

- Walk or run for 45 minutes a day
- Eat less meat and processed foods
- Fill up on fiber-including 5-9 servings of fruits and veggies



- Take a multivitamin with folate
- Take a calcium supplement
- Schedule regular health screenings
- Don't smoke or chew



**Ask Dr. Coyote\***



**Answers on food and exercise**

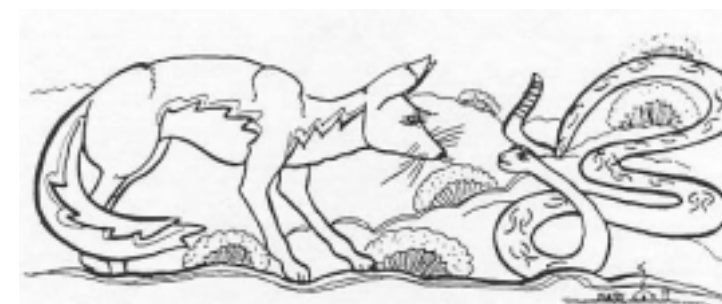
**Dear Dr. Coyote:** There are so many conflicting reports about cancer these days. What is your opinion?

**Response:** When I respond to these questions I usually just spout the first things that come to mind (as I am very wise and this generally works for me), but cancer is a major killer of Natives so I decided to use the dictionary for this one.

**CANCER: kaansur n.**

1. Any of various malignant neoplasms characterized by the proliferation of anaplastic cells that metastasize profoundly.
2. A pernicious, spreading evil.

Since I don't understand the first one I will focus on #2. Ok I don't really comprehend pernicious either, but I do know that spreading evil is just bad. Think of it as an invader who has come to take your health, maybe like past invaders came to steal our land. But 500+ years later we are still here (I know some tribes succumbed but as Native peoples we are here, speaking our languages, performing our ceremonies, taking care of the land and more.) With that same tenacity and determination, we can resist the cancer invader. Rely on common sense, traditional practices (hey, yew tea was first used by Natives to stop cancer) and living a good healthy life. If we bring evil to ourselves in the form of alcohol, cigarettes, drugs, bad diet among others. then cancer will have an open road to invading our bodies. Cancer is serious! Go to your Dr. (both western and Native), get checkups, avoid poisoning yourself, eat whole natural foods, exercise, use sunscreen, avoid stress, live in a healthy way.



*\*Please note that in many cultures, Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher organic sea 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](mailto:coyote@ncidc.org)*