

NUTRITION

A well-balanced diet has many health benefits to keep you mentally and physically well. Our nutritionist Bernita LaCroix will work with you to develop a healthy eating plan to lower your risk of heart disease and diabetes. Nutritional counseling is available by appointment at the Health Clinic for individuals or in small groups.

Make healthy food choices

- Lean proteins such as chicken, fish, lean beef, milk, and eggs are full of energy and support everyday activity.
- Fresh fruits and vegetables contain many important vitamins, minerals, and fiber. Eat many different colors.
- Include traditional foods in your diet like salmon, berries, greens, sea vegetables, shellfish and wild meat.
- Keep healthy snacks on hand such as fresh vegetables with hummus or salsa, unsalted nuts and no-sugar-added nut butters (in small quantities), or fresh fruit.
- Avoid fried or processed foods. Many processed items have added sugar or salt.
- Eat more fiber which improves blood sugar control, can lower your risk of heart disease, and helps you feel full longer to promote weight loss.
- Eat starchy foods in moderation. Look for whole grain pastas, bread, and other baked goods. They have more nutrition than highly processed white breads or pastas.
- Drink water instead of soda, energy drinks, sports drinks (Gatorade/Powerade) or other sugary drinks.
- Pay close attention to portion sizes and serving sizes on processed foods.



NISQUALLY TRIBAL HEALTH DEPARTMENT

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Eat this, not that!

Healthy Food Substitutions

Instead of this:	Choose this:
Toaster Pastry	Peanut butter on whole wheat toast
1/3 lb deluxe burger	Plain small hamburger
BBQ hot dog	Grilled fish
Potato or macaroni salad.	Green salad or 3 bean salad
Potato or corn chips	Plain popcorn or fresh cut fruit
White rice	Wild rice, brown rice, barley or quinoa
Fry bread	Small piece of cornbread or whole grain roll
Soda pop or energy drink	Fruit-infused water or herbal tea
Banana split	Warm berry crisp

Ten Ways You Can Enjoy Meals on Special Days

Before you go to a holiday meal, feast day, potlatch, graduation or birthday party, make a plan to eat healthily:

1. Earlier in the day, eat breakfast or healthy snacks. Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.
2. At the special gathering, limit before-meal chips and crackers. Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.
3. Limit the number of starchy foods (potatoes, macaroni, bread) you choose. Have a serving of just your favorite one. Or eat ½ slice bread and a few tablespoonfuls of other starches.
4. Choose vegetables that are raw, grilled or steamed. Avoid vegetables in cream or cheese sauce, gravy, or butter.
5. Drink calorie-free drinks like water, unsweetened tea, or seltzer. Avoid sodas and juice.

6. Avoid drinks with alcohol or limit them. Women should drink no more than one alcoholic drink a day. Men should drink no more than two.

7. If you choose to eat dessert, have a small piece. Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.

8. After the meal, take a walk with family members. Walking will lower your blood sugar level. You will have more energy.

9. If you eat too much, don't feel bad. You haven't failed because of one meal. Think about the days you didn't overeat.

10. Plan to get back on track the next day. Make a plan for what you will eat for breakfast—maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!

