

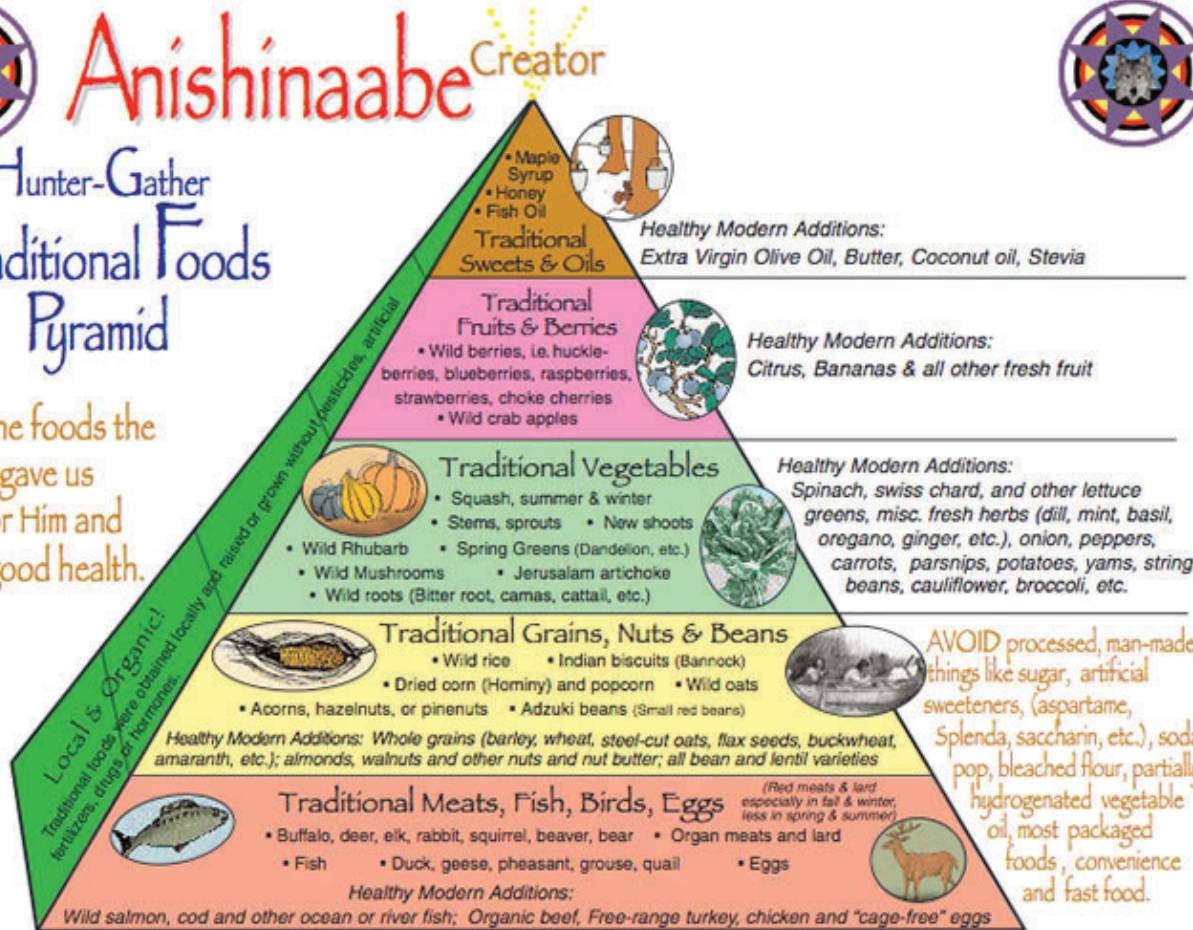


Anishinaabe Creator



Hunter-Gather Traditional Foods Pyramid

Eating the foods the Creator gave us will honor Him and give us good health.



AVOID processed, man-made things like sugar, artificial sweeteners, (aspartame, Splenda, saccharin, etc.), soda pop, bleached flour, partially hydrogenated vegetable oil, most packaged foods, convenience and fast food.

A NOTE on DAIRY: Dairy, while included in "American" food pyramids, is **not** a traditional food for Anishinaabe Hunter-gathers.

Traditional Calcium and Mineral Sources Included:

- Breast milk for babies and children under two years
- Bone soup or broth
- Fish head soup
- Canned fish with the bones
- Vegetables and greens

Processed homogenized dairy products have been found to increase risk of Type 2 diabetes, while only **raw milk from healthy cows** is a healthy and beneficial addition to a traditional diet. Cultured dairy (yogurt, kefir, buttermilk, etc.) from raw milk is digestible for those who are otherwise lactose intolerant.

Eat According to the Seasons & the Land

Colder Weather

increases the need for heavier foods such as **meat (venison, buffalo)**, it's naturally occurring fat (like lard) and **starches** found in **potatoes, winter squash** and **wild rice** (and other foods which can be stored over the winter months). This might also include **dried jerky (pemmican), dried berries, corn (hominy), canned goods, etc.**

WINTER

Spring Time

is a time of renewal. **Fish, eggs, fresh shoots** (such as horsetail and cattail sprouts) and **tender greens** (such as lambs quarters which is also known as wild spinach, dandelion, plantain, perslane, mint, wintergreen, nettles, wood ferns, and creeping snowberry leaves) help us to cleanse our systems from the heavy winter foods.

SPRING

Fall or Autumn

is a time to enjoy the harvest and to prepare for the winter months. Cooler weather brings hunting season, some which is dried or smoked to save for winter. **Squash, tubers** (like potatoes, yams and carrots), **corn, apples** and other fall harvested **fruits and vegetables and nuts (acorns, etc.)** are collected and many are stored for winter use.

FALL

In the Summer Time

we tend to be more active and need more high energy foods like **berries, nettles and fish**. An abundance of **fresh greens and vegetables** from gardens are available now to be enjoyed, some are canned for winter use. Summer is not a good time to hunt game because of ticks, bacteria and it's too warm to hang the animal. In late summer wild rice is harvested and prepared for winter use.

SUMMER

FOCUS on LOCAL

Eating the foods that are grown in the soil and climate that you live in is very important. These **STAPLE** foods provide the specific nutrients your body needs. The Creator has given us everything we need literally within walking distance from where you live (wild rice, fish, deer, corn, various greens, and the other traditional foods mentioned above.) How else could people have survived without modern transportation? ... and they did so for thousands of years.

While citrus and other tropical fruits may be a healthy treat for us, their nutrition is better geared for those who live in the regions they are grown in. If the Creator would have thought we needed bananas or pineapple or coconut he would have had them grow here, but they cannot. This does not mean we cannot ever enjoy them, they simply **should not be the STAPLES** of our diet.