



TRADITIONAL FOODS WÓYUTE



Reclaim sovereignty
over your food by
choosing healthy
traditional options

- buffalo (t̥athánka)
- deer (t̥áh̥c̥a)
- dried corn
- mint tea

- wild rice
- wild turnips (tinpsila)
- chokecherries

Formula for recommended daily water intake:



**Your weight in
pounds ÷ 2 = ounces of water
you need daily**

Example:

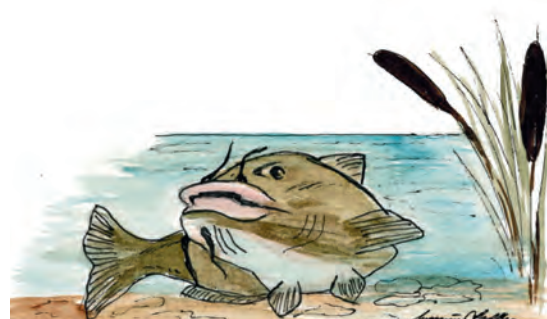
**180 lbs ÷ 2 = 90 oz (11 cups)
of water**

Water (mni) is the first medicine of the Lakota.
Water sustains life.

RESPECT

Wóyuonihan

*Respect your
body and the gift
of food by eating
healthy*



The traditional diet of
Lakota ancestors consisted
of meat (mostly buffalo),
vegetables and fruits

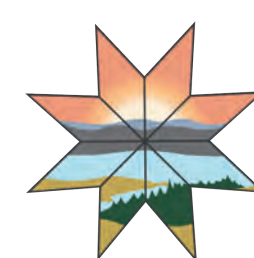


Growing, preparing and
eating traditional foods
should be a source of
pride for Lakota people.
It helps you to connect
with your ancestors
and culture.

MY NATIVE PLATE



My Native Plate shows what a
healthy plate should look like. Each
section of the plate shows how
much food from each food group
should be eaten at each meal. At
your next meal, think about how your
plate compares to the My Native
Plate guidelines.



MISSOURI BREAKS
Creating Opportunities for Health

