

Preventing Diabetes Through Healthy Food Choices

Encourage healthy choices within your family by eating foods from each of the four nutritious food groups at every meal. By eating a variety of foods you will be able to consume all of nutrients you require for good health.

Focusing on eating 3 meals a day at regular times and spaced no longer than 6 hour apart will help to balance your food intake and help your body use the food you eat more efficiently.

Simple ways to improve your diet include:

- ✚ Choose to eat whole grain products more often (such as whole grain breads/bannok and cereals, enriched pasta, brown or wild rice)
- ✚ Choose to eat more vegetables especially dark green vegetables
- ✚ Choose lower-fat milk products more often
- ✚ Choose leaner meats, poultry and fish
- ✚ Choose to eat less fat, sugar and salt during meals
- ✚ Choose to avoid eating junk food

Eating Traditional Foods

First Nations still have a unique relationship with the land in that eating traditional foods such as moose, rabbit, deer, fish, wild berries, wild rice, and corn are still apart of our daily diet. Traditional foods not only help to provide nourishment but also have a special meaning to our communities because activities involving traditional foods help to ensure that our culture is passed from one generation to the next.



We Can Prevent Type 2 Diabetes

There are also many nutritional benefits to eating traditional foods:

- ✚ Fewer calories - helpful for weight control
- ✚ Lower in saturated fat - better for the heart
- ✚ More iron - better for muscles and blood
- ✚ More zinc - better for wound healing and fighting infection

Many people believe that one of the most important benefits of eating traditional foods is the physical energy people expend through hunting, fishing, gathering and preserving traditional foods. All of these activities help to contribute to an active lifestyle. Another advantage to eating traditional foods is that it allows First Nations to rely less on store bought foods.