Recipe post
Copy: The buffalo (Tatanka) is native to the prairie and is a nutrient-dense, healthy protein source that can be substituted for beef in most recipes.

Read more about buffalo and try your hand at this recipe for buffalo stew.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Quick Buffalo Stew

**INGREDIENTS:**
- 2 lbs ground buffalo
- 2 [16 ounce] cans mixed vegetables
- 2 [16 ounce] cans chopped tomatoes
- 2 cups elbow macaroni, uncooked
- 6 cups of water

**Instructions:** In a large soup pot, cook ground buffalo between low and medium heat, stir until brown. Add water, macaroni, vegetables, and tomatoes. Stir ingredients together and season to taste with salt and pepper. Reduce heat and simmer until macaroni is completely cooked.

**Nutritional Information:** Calories per serving: 167, protein: 22g, total fat: 2g, sodium: 265mg, total carbohydrates: 14g.
Recipe post
Copy: The buffalo (Tatanka) is native to the prairie and is a nutrient-dense, healthy protein source that can be substituted for beef in most recipes.

Read more about buffalo and try this recipe for buffalo roast with veggies.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
Recipe post
Copy: Chokecherries are high in vitamins A and C and quite versatile. They are typically harvested in the fall and can be used as food or medicinally.

Read more about these heart healthy berries, their many uses, and the making of chokecherry patties!

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**Tradition and Nutrition Feed Your DNA!**

**CHOKECHERRIES**
Traditionally, chokecherries were a very important part of the Native Americans’ diet. Chokecherries are collected in the fall when the berries ripen. The berries are high in vitamins A and C. There are many uses for the chokecherries. Chokecherries can be dried, made into jams and consumed later. Chokecherries are also used in the making of wasni or pemmican. Chokecherries can be used to make syrups, jams, and jellies. The bark was mainly used for medicinal purposes.

**Did you know?**
Chokecherries have a medicinal use. Chokecherries can be used as an astrigent for coughs and colds and can also be used to treat digestive problems.

**Chokecherry Patties**

**INGREDIENTS:**
Ripe Chokecherries

**Instructions:** Grind whole chokecherries, including pits until it is a fine consistency. Using about 1/4 cup of chokecherries, shape into a round, thin patty. Place the patties in a dehydrator; leaving 1/2 inch space between patties. Chokecherry patties will take 12-16 hours to dry. Flip patties every 2-3 hours to ensure even drying.

**Nutritional Information:** Calories per serving 97, protein 1.8g, total fat 1g, sodium 3g, total carbohydrates 20.2g.
Recipe post

Copy: Wasna (pemmican) is a traditional recipe made up of dried buffalo, dried berries, and fat or bone marrow. A mere 4 ounces of Wasna provides more protein than a half dozen eggs!

Make your own following the recipe below!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

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**WASNA**

The Lakota diet was high in protein and often the tribe either had much food to eat, such as after they killed a buffalo, or very little. One of the traditional recipes that the Lakota have passed through the generations is wasna. Wasna derives from "was" meaning "anything" and the "nun" meaning ground up. Now, Lakota people sometimes refer to it as pemmican. This dish consists of dried buffalo, dried berries, and fat or bone marrow. Early Lakotas would grind the ingredients together with a pounding stone. Wasna is a very good source of protein and the Lakota value this traditional recipe not only as a food, but also as a healing instrument. Wasna is often seen as a sacred food and was often used in ceremonies and rituals. It also has less cholesterol, yet a mere four ounces provides more protein than a half dozen eggs. Wasna, because of the protein it contains, can raise a person's iron level within 15 minutes. Today, Lakota people believe their ancestors did not suffer from diabetes, heart disease, or cancer due to the healing powers of Wasna.

**Make Your Own Wasna!**

**INGREDIENTS:**

- 2 c. shredded beef or bison jerky
- 3 c. chopped tart berries ( chokeberries, sour cherries, or cranberries work best)
- 6 T. beef tallow or vegetable shortening

**Instructions:** Shred the jerky and berries in a food processor. Mix in the tallow or shortening and stir until well incorporated. Form the mixture into patties and dry in a dehydrator or refrigerator and eat within 3 days.

**Nutritional Information:** Calories per serving: 85.5, Total Fat: 5.3 g, Cholesterol: 20.0 mg, Sodium: 15.0 mg, Potassium: 94.5 mg, Total Carbohydrates: 0.8 g
Recipe post

Copy: Prairie onions provide high anti-cancer sulfur compounds and can be used fresh or dried and saved for later use. They have traditionally been used by the Lakota to flavor soups.

Buffalo, another traditional ingredient, is a great complement to the prairie onion. See our recipe for Buffalo Minestrone below!

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### Buffalo Minestrone

**Ingredients:**
- 1 lb. ground buffalo
- 1/4 cup chopped prairie onions
- 1 clove garlic, crushed
- 1 cup shredded cabbage
- 1/2 cup uncooked elbow macaroni or broken spaghetti
- 1 1/2 cups water
- 2 cups beef broth
- 1 tsp Italian seasoning
- 2 stalks celery, thinly sliced (1 C)
- 1 medium zucchini, sliced (1/2 C)
- 1 can (14 oz.) whole tomatoes, undrained
- 1 can (16 oz.) kidney beans, undrained
- 1 can (14 oz.) whole kernel corn, undrained
- Grated Parmesan cheese

**Instructions:**

Cook buffalo, onion, and garlic in Dutch oven over low to medium heat, stirring occasionally, until buffalo is brown and drain. Stir in remaining ingredients except cheese, breaking up tomatoes. Bring soup to boil, reduce heat to low, cover and simmer about 15 minutes, stirring occasionally, until noodles is tender. Serve with Parmesan cheese.

**Nutritional Information:**
- Calories per serving: 194
- Protein: 22g
- Total Fat: 8g
- Sodium: 721 mg
- Total Carbohydrates: 31g
- Serves 6
Recipe post
Copy: Did you know the chokecherry is a nutrient powerhouse?! This little berry contains the highest amount of anthocyanin, an antioxidant that has been shown to reduce the severity of colon cancer by 90%! Additionally, chokecherries are great for cardiovascular disorders, anti-inflammatory responses, and diverse degenerative diseases.

Wojapi is a traditional food that has a pudding-like texture and utilizes ground chokecherries as its main ingredient.

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**WOJAPI**

Long ago, wojapi consisted of ripened chokecherries and crushed berries (Wild Turpentine). Due to the freeze, the red juice would often ripen before surfacing, which was called dace water. Nowadays, we use sugar and corn starch to make wojapi a pudding-like texture. Chokecherries contain the highest amount of anthocyanin, which has been shown to induce the severity of colon cancer by 90%. Numerous studies have shown that the anthocyanin in chokecherries have huge health benefits for cardiovascular disorders, anti-inflammatory responses, colon cancer and diverse degenerative diseases.

**Did you know?**
According to oral tradition, the pale red chokecherries symbolized the creation of the world.

**INGREDIENTS:**
- Fresh berries or chokecherry patties
- Water
- Cornstarch
- Sugar, Splenda, or honey

**Instructions:** You can use fresh berries or you can use chokecherry patties. In this case we will use chokecherry patties. Soak five patties in water overnight in order to make a small pot of wojapi. Place the water and soaking patties on a medium heat and stir for an hour. Break apart the patties in the water as its boiling. Once they’re all broken up, you turn the heat down to low and you can add a little mix of cornstarch and water to thicken it to the consistency of pudding. Stir constantly to avoid lumps.

**Nutritional Information:**
- Calories per serving: 42, protein 0.5g, total fat 0.2g, sodium 1mg, total carbohydrates 10.4g.
Recipe post
Copy: Wild turnips (or tinpsila) are gathered each summer and are an important part of the Native American diet. Traditionally, tinpsila is used to make many things, one being papa soup.

See the other ingredients that accompany tinpsila in our recipe for Papa Soup (Dried Meat Soup)!

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Portions post
Copy: It can be hard to remember which food options are the healthiest or how many servings of each food group you should have on a daily basis. Here are 8 portions to try and remember for healthier eating.

Check out the infographic for recommended portion sizes for fruit, meat/fish, pasta or rice, salad dressing, cheese, vegetables, butter or oil, and grains and beans.

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Media:
Eating healthy doesn’t have to be difficult. Here are portion recommendations for things like fruit, meat/fish, pasta or rice, salad dressing, cheese, vegetables, butter or oil, and grains and beans.

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Portions post

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SS beverages video post
Copy: Discover 4 ways consuming too many sugary drinks can directly affect your health in this video from the Great Plains Tribal Chairmen’s Health Board.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
https://youtu.be/uTvvWfxIoyU

SS beverages video post
Copy: Too many sugary drinks can put you at risk for cavities, obesity, heart disease, and diabetes. See what to look for on nutrition labels to help protect you and your family from the harmful effects of added sugars in this video from the Great Plains Tribal Chairmen’s Health Board.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
https://youtu.be/PmJ6aAP5yzQ

SS beverages video post
Copy: Many of us consume tons of added sugars from sugary drinks like soda pop, lemonade, fruit-flavored drinks, and sports drinks. Find out how to FLAVORIZE your water with exciting variations in this video from the Great Plains Tribal Chairmen’s Health Board!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
https://youtu.be/Y2TQi-xSAi8
SS beverages infographic post

Copy: Water is a vital component to our overall health and can aid in things like weight loss. Try adding mint or fresh fruit to your water to keep your added sugar intake down. Your heart will thank you for it!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
SS beverages infographic post
Copy: Did you know our bodies break down natural sugar and added sugar differently? Read on for the shocking details.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

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