American Indian Social Posts
H/S & D

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

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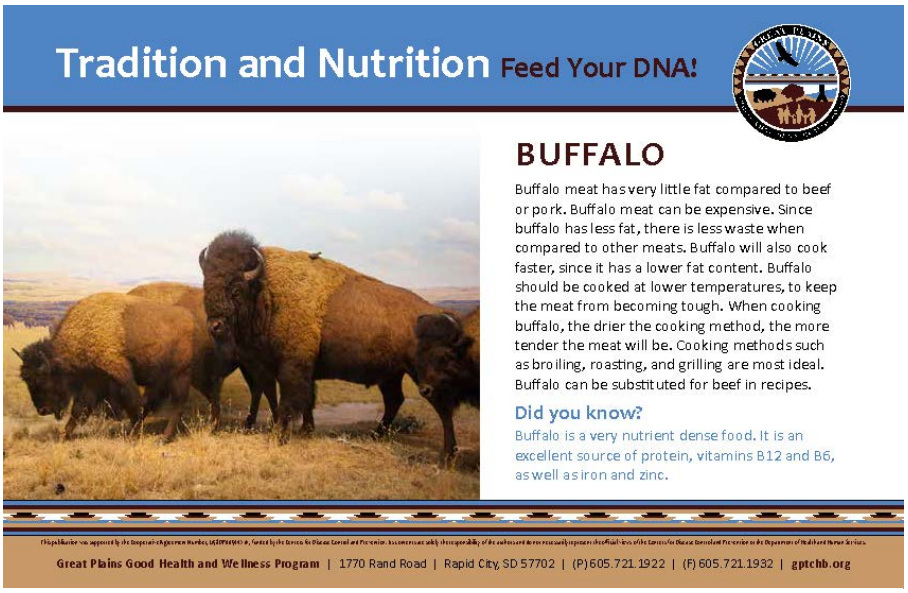

Recipe post

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.

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Media:

Tradition and Nutrition Feed Your DNA!

BUFFALO

Over one million Native Americans shared the land of North America with the buffalo. The buffalo were very important to Native Americans and to their survival. Native Americans used every part of the buffalo. They did not waste anything. They used the buffalo as a source of food, clothing, and shelter. Native Americans treated the buffalo with respect, and the buffalo was very sacred to them. There were many traditional uses for the buffalo. Native Americans use buffalo bones for arrowheads, eating utensils, knives, shovels, and war clubs. Buffalo fat was used for soaps, tallow, and hair grease, among other things. Buffalo hair was used for braided ropes, headdresses, pillow fillers, and moccasin lining. Buffalo tails were used as fly swatters, knife sheaths, whips, and medicine. Buffalo meat was traditionally used primarily for consumption. Buffalo meat can be immediately consumed, dried into a jerky, or used to make wasna (pemmican). Source: http://itbc.buffalo.com/node/24

Nutritional Value of Buffalo

Calories

A 100 grams serving of bison meat – about 3.5 ounces, or about 1/4 pounds -- contains about 146 calories. This makes it one of the lowest-calorie meats. A similar serving of lean beef contains about 176 calories, while pork contains about 218 calories and turkey contains about 149 calories.

Fat and Cholesterol

One serving of buffalo meat contains 7.21 grams of fat, and about 55 milligrams of cholesterol. To put that in perspective, the same size serving of 90 percent lean beef contains about 10 grams of fat, and about 65 milligrams of cholesterol.

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Quick Roast with Veggies

INGREDIENTS:

4lbs Buffalo roast
1 onion diced
5 carrots sliced 1/4 inch thick
5-7 medium potatoes squares
5 sticks of celery sliced
1/3 inch thick
1 tbsp. beef base

Instructions: Preheat oven to 325°F. Place buffalo roast in roaster with a lid. Place 1 inch of water in the bottom of the roaster. Sprinkle roast with black pepper and place diced onions over the top of the roast and in the water. Add beef base to water. After the roast has cooked for 1 1/2 hours, place carrots, potatoes, and celery in the water and cook for another hour, until the roast is completely cooked.

Nutritional Information: Calories per serving 250, protein 33g, total fat 3g, sodium 103mg, total carbohydrates 22g. Serves 13

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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!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

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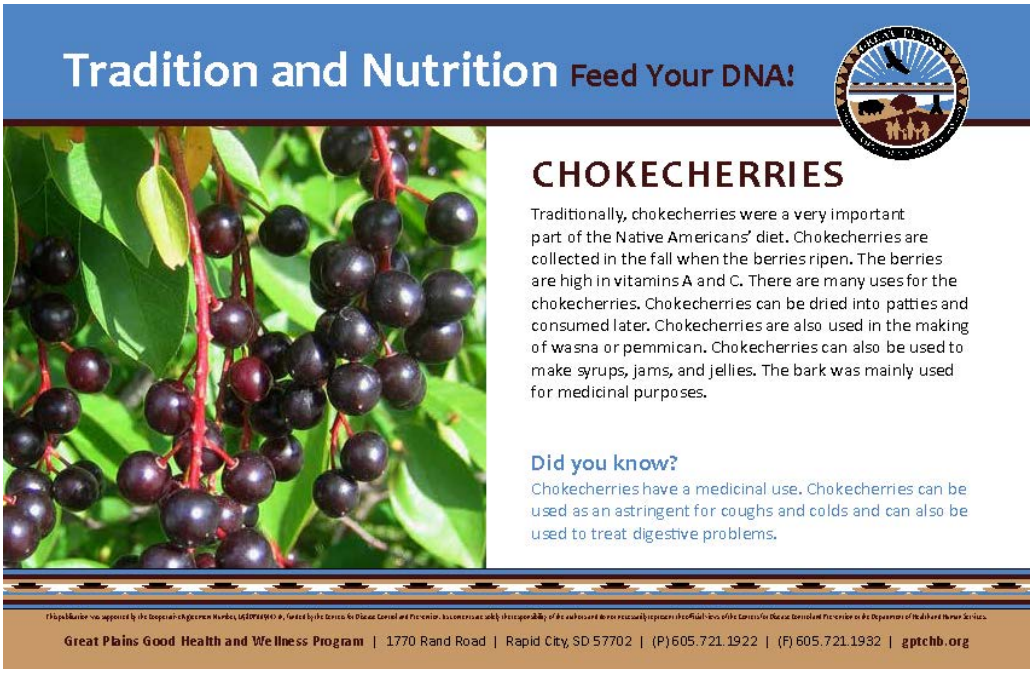
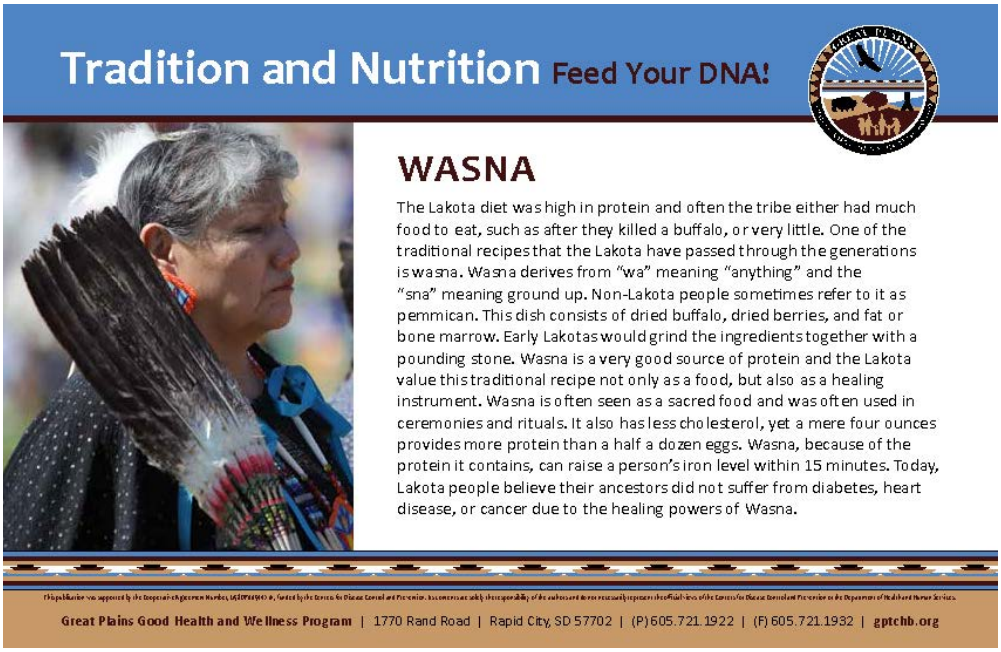


Recipe post

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

Media:



Tradition and Nutrition Feed Your DNA!

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 "wa" meaning "anything" and the "sna" meaning ground up. Non-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 a 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.

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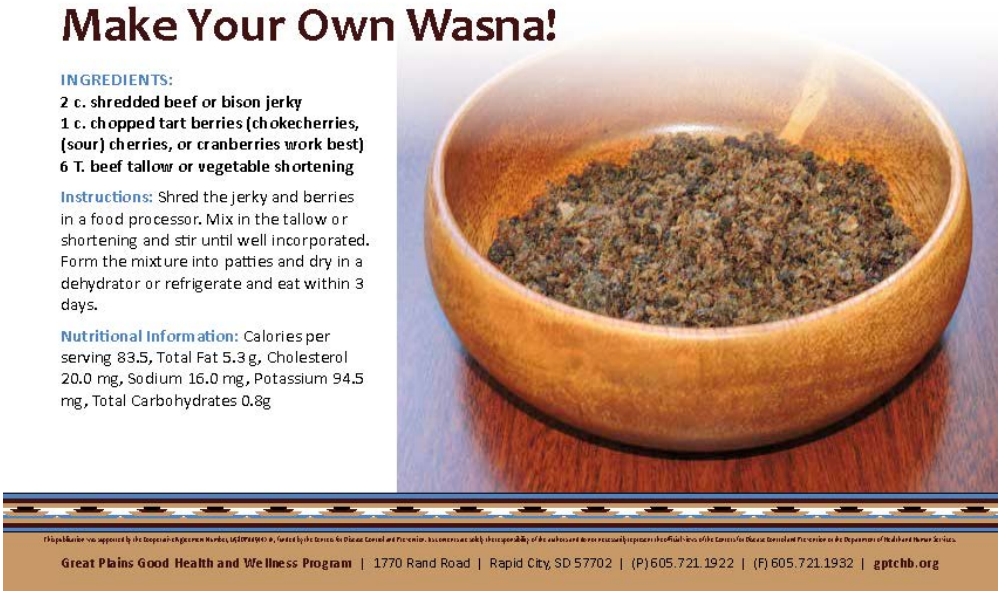

Make Your Own Wasna!

INGREDIENTS:

2 c. shredded beef or bison jerky
1 c. chopped tart berries (chokecherries, (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 refrigerate and eat within 3 days.

Nutritional Information: Calories per serving 83.5, Total Fat 5.3 g, Cholesterol 20.0 mg, Sodium 16.0 mg, Potassium 94.5 mg, Total Carbohydrates 0.8g

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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!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:

Tradition and Nutrition Feed Your DNA!

PRAIRIE ONION

The prairie onion can be used fresh or it can be dried and saved for later use. Plains tribes, particularly the Lakota, used prairie onions to flavor soups. The onion has more of an intense flavor the longer it is left to grow. However, they become more bitter once they begin to flower.

Did you know?

Prairie onions help with healthy cholesterol levels and also provide high anti-cancer sulfur compounds.

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Buffalo Minestrone

INGREDIENTS:

- 1 lbs. 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 1/4 cups water
- 2 cubes beef bouillon
- 1 tsp Italian seasoning
- 2 stalks celery, thinly sliced (1C)
- 1 medium zucchini, sliced (1 1/2C)
- 1 can (28 oz.) whole tomatoes, undrained
- 1 can (8 oz.) kidney beans, undrained
- 1 can (8 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; 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 macaroni is tender. Serve with parmesan cheese.

Nutritional Information:
Calories per serving 184, Protein 22g, Total Fat 3g, Sodium 721 mg, Total Carbohydrates 19g, Serves 6

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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.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

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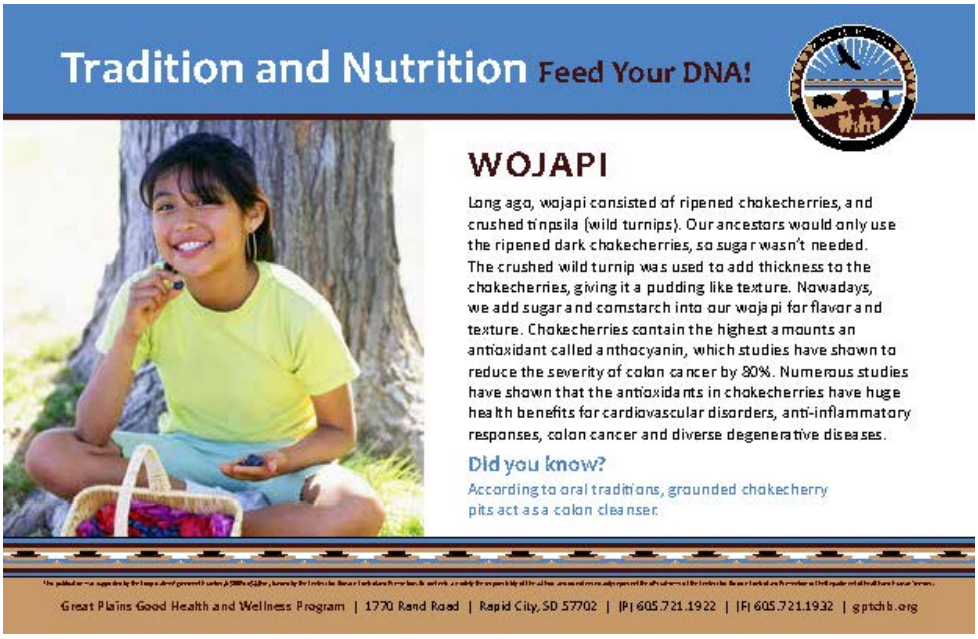

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WOJAPI

Long ago, wojapi consisted of ripened chokecherries, and crushed tinpsila (wild turnips). Our ancestors would only use the ripened dark chokecherries, so sugar wasn't needed. The crushed wild turnip was used to add thickness to the chokecherries, giving it a pudding like texture. Nowadays, we add sugar and cornstarch into our wojapi for flavor and texture. Chokecherries contain the highest amounts an antioxidant called anthocyanin, which studies have shown to reduce the severity of colon cancer by 80%. Numerous studies have shown that the antioxidants in chokecherries have huge health benefits for cardiovascular disorders, anti-inflammatory responses, colon cancer and diverse degenerative diseases.

Did you know?

According to oral traditions, grounded chokecherry pits act as a colon cleanser.

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Wojapi

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 onto medium heat and boil 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 corn starch 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 1.8mg, total carbohydrates 10.4g.

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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)!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

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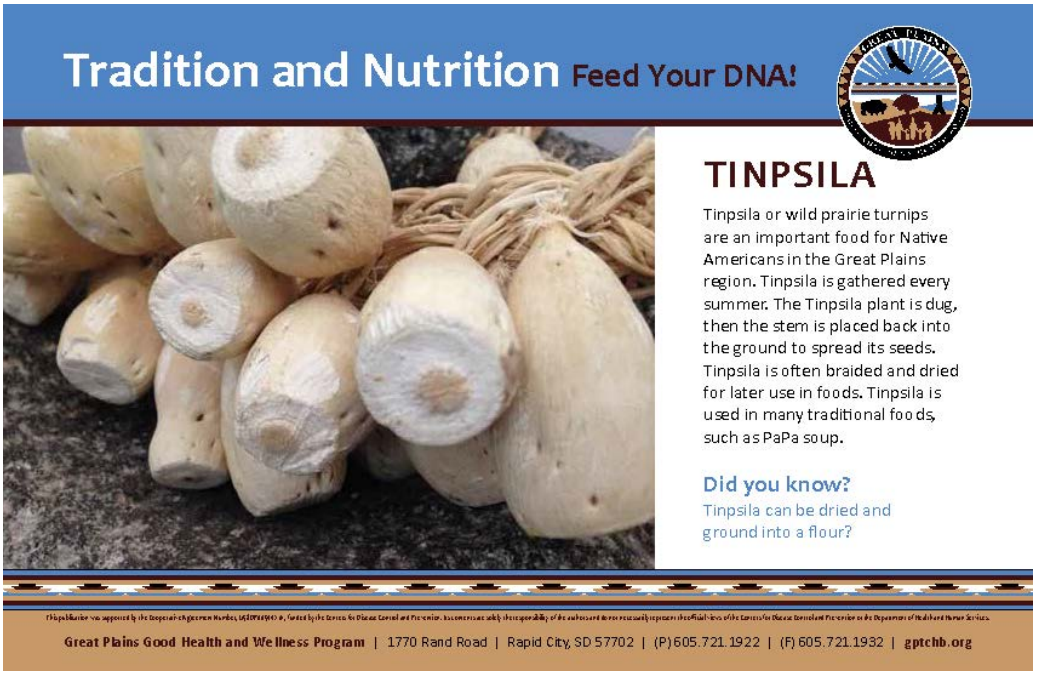

Portions post

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.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

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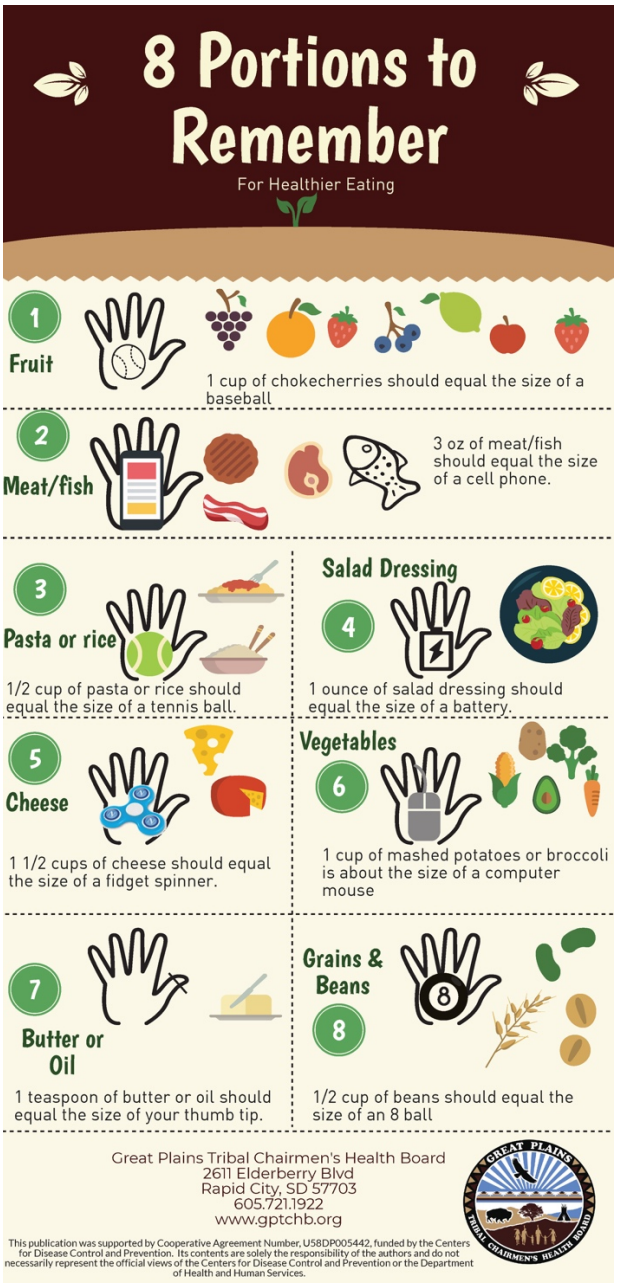

Portions post

Copy: 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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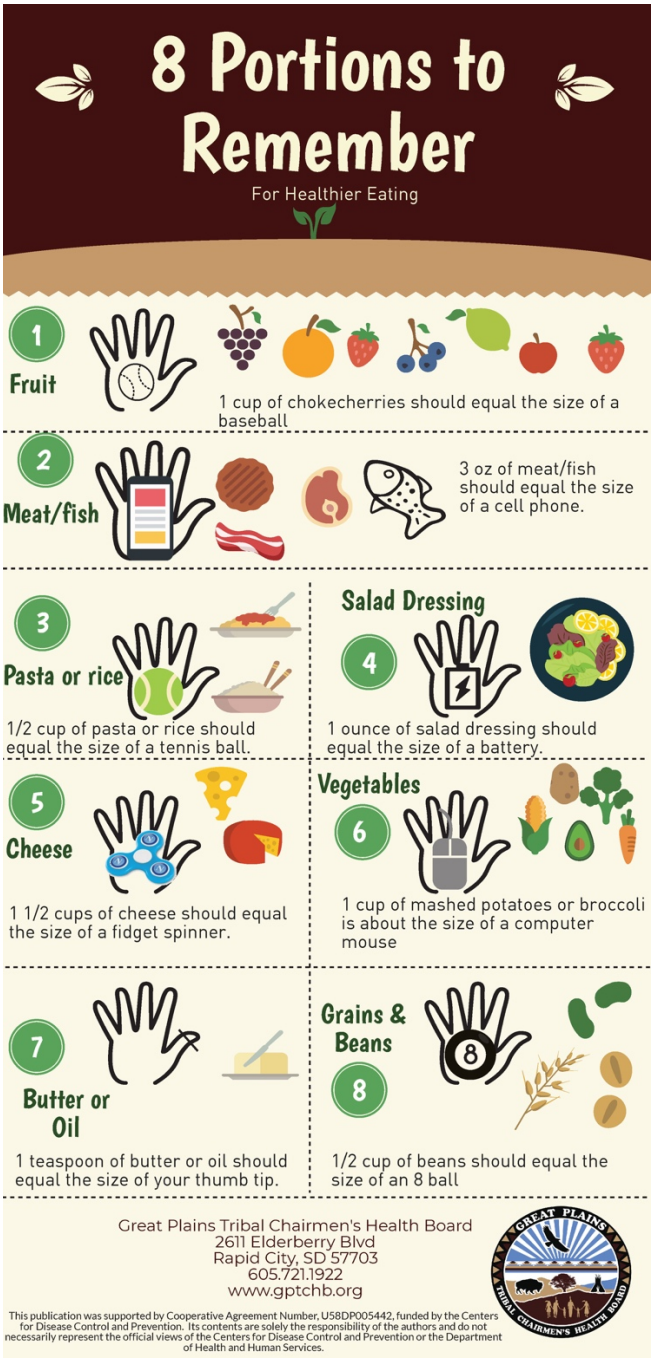

SS beverages video post
Copy: Discover 4 ways consuming too many sugary drinks can directly affect your health in this video from the Great Plains Tribal Chairmen's Health Board.

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

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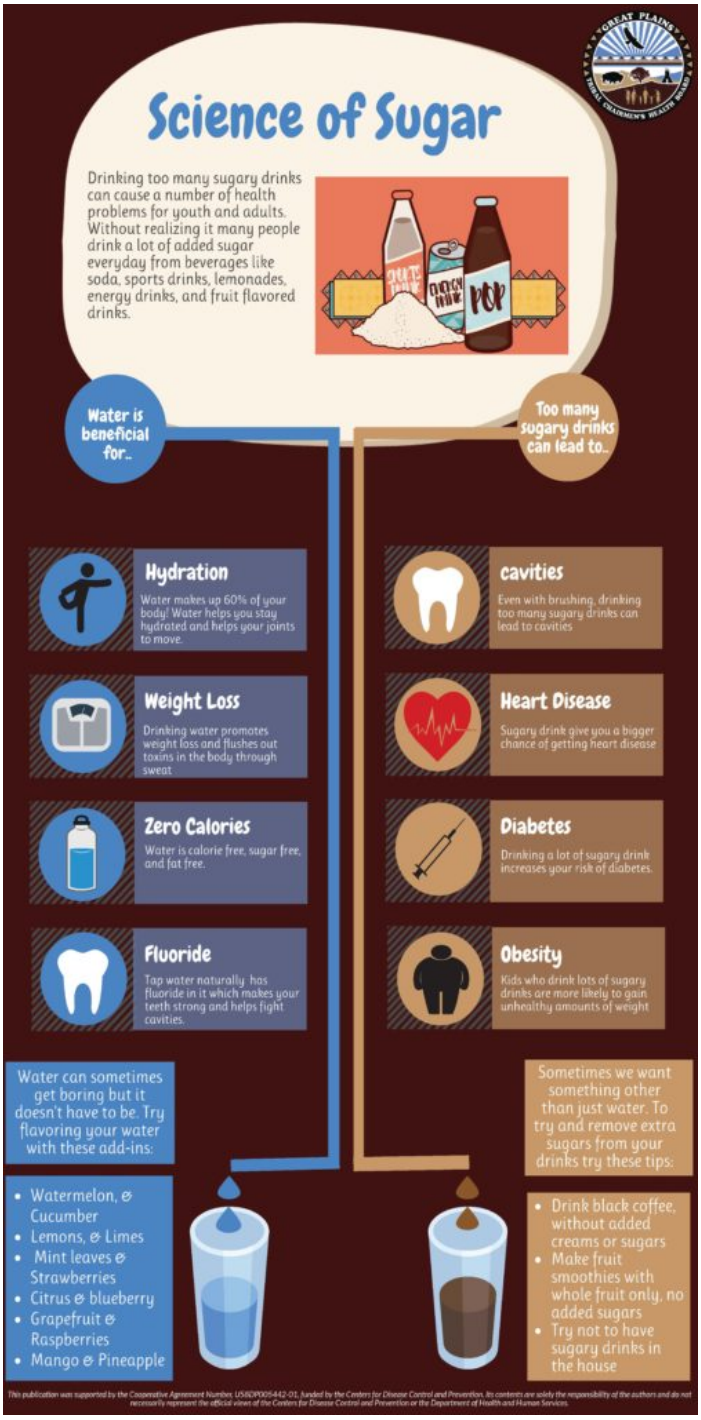

SS beverages infographic post

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

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media: