



Northern California Indian Development Council, Inc (NCIDC)

www.ncidc.org

California Native Food and Nutrition Program

241 "F" Street, Eureka * CA * 95501
707.445.8451 (voice) • 707.445.8479 (fax)
dwoodman@ncidc.org

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Greetings everyone! My maternity leave has ended and I am back to work. I have a beautiful baby girl. Her name is Jazmyn Otonkwa Johansen. The one most important thing that I have learned about nutrition and having a new baby is maintaining healthy eating habits during and after pregnancy.

Eating nutritious meals throughout pregnancy contributes greatly to the health of our babies. It is also important to continue to eat healthy foods after pregnancy, particularly those of us who are breast-feeding.

Our babies rely on us for nourishment, so why not make it the best that we can give them. Everything that we eat is passed on to our babies through our milk. A diet that includes foods high in protein, fresh fruits and vegetables and foods rich in Vitamin B, calcium and iron is excellent.

By breast-feeding our babies we are able to help protect them from bacteria and viruses. Breast-fed babies are more able to fight off infection and disease such as diarrhea, ear infections and respiratory illness such as pneumonia. Nursing also helps use up extra calories, making it easier to lose the extra weight from pregnancy and helps to lower the risk of breast cancer and ovarian cancer.

Check with your primary care provider and/or pediatrician about using any prescriptions, supplements or herbal remedies you may currently take.

Fresh Fruits & Veggies For Life!

The sun is starting to peek out all over California and summer is upon us. This is also the best time of year to choose fresh fruits and vegetables grown in many cases your own neighborhood.

Lots of communities in California have weekly farmers markets where you can get good deals on the freshest produce available, with many vendors offering certified organic products.

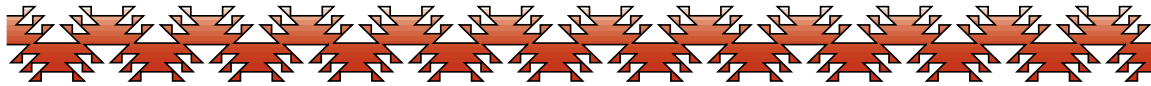
Tips for finding quality produce include, buying from locally known farms and growers, buy organic and pick or grow your own produce to help preserve the maximum nutritional content.

To find out more information on farmers markets visit www.localharvest.com



This newsletter provides health and nutrition information. This information is not intended as a substitute for medical advice, diagnosis or other medical treatments.





Senior Source: Strong Bones, Strong Body

Natural sources of calcium are important for proper health and helping to prevent osteoporosis. Calcium also helps to curb the appetite. If you consume a lot of greens such as kale, broccoli or spinach your bones will benefit as well as your taste buds!

To prevent bone loss try the following:

- Get your daily recommended amount of calcium and Vitamin D
- Engage in regular weight-bearing exercise
- Avoid smoking and excessive alcohol
- Have a bone density test
- Talk to your doctor about bone health



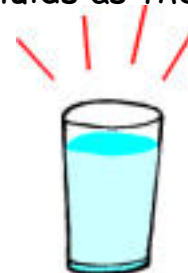
For more information visit www.nof.org/prevention

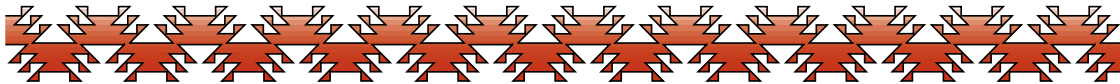
Kid's Choice: Hydration & Summer Activity

What do kids, trees, and hamsters all have in common? They all need water. Hotter days have arrived and it is more important than ever to stay hydrated. It is easy for children to become dehydrated when they are outside playing in the hot weather. Most kids need about twice as much fluids as they usually drink when they are playing sports or exercising.

Here are some quick tips on staying hydrated:

- Drink water, juice, or sports drinks often
- Drink before you go outside
- Take plenty of breaks to rest in the shade or in air conditioning.





Ask Dr. Coyote*



Answers on food and exercise

Dear Dr. Coyote: Help! I am tan-oak acorn eater. I have found limited information about the nutritional break down in the ground up acorns and none about acorns that have been soaked and cooked. The article did not identify what type of acorn the study was done on. Acorns are more than a nut. It is a main stay for my weekly diet. I want to give this information to my doctor and nutritionist.

Response: Acorns cannot be considered part of a well-rounded diet since they contain very little to no meat value in an entire serving. I have been known to eat so many acorns that I have blown up. Not one of those times did I get the same satisfaction as wolfing down a piece of dried deer meat or a chunk of salmon, but then again, I once drank an entire creek without stopping my thirst, maybe I am an overachiever. Have to run, a fatty ole bacon cheeseburger is calling me.

- Dr. Coyote

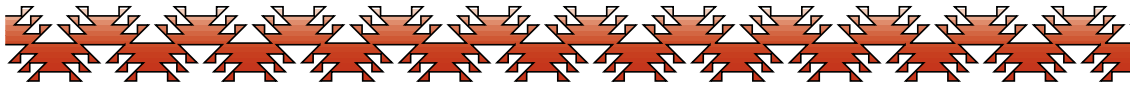
Reasonable Health Practitioners Reply: Acorns have been a traditional part of a healthy native diet. This staple of many California tribes was a mainstay of the diet during the long cold winter months. *Lithocarpus Densiflora*, more commonly referred to as the Tan Oak acorn was the most popular variety among most tribes. According to the book *Ecological Determinants Of Aboriginal California Populations* by Martin Baumhoff, Tan Oaks are nine percent water, three percent protein, twelve percent fats (the "good" fats), twenty percent fiber, fifty-four percent quality carbohydrates and one percent ash (yumm). To see a break down of overall nutritional content of acorns please go to www.jdhodges.com/nutritional-information/food-12060/

Be sure to leach the acorns well to remove the tannic acid which not only makes them bitter but also prevents the body from absorbing the nutritional components.

To learn about the history of a Miwok Acorn Festival please visit www.brownielocks.com/miwok.html

*Please note that in many cultures, Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher sea salt (his section is intended as humor or parody). If you have any questions to ask of Dr. Coyote about, diet, health, nutrition, or exercise please email: coyote@ncidc.org.





Featured Food

Did you know that there are more than 50 varieties of watermelon? Usually they are divided up into "picnic" and "ice-box" varieties. Picnic types usually weigh between 12 to 50 pounds and are oblong or oval shaped. Ice-box types are usually round and are designed to fit inside your refrigerator. Watermelon is virtually fat-free, nutritionally low in calories and considered an ideal diet food, and is high in energy, making it a great energy boost. The vitamins usually found in watermelon are:

Vitamin A- Good for eye health. It can help prevent nightblindness and boosts the immune system.

Vitamin B6- Helps to produce brain chemicals such as serotonin, melatonin, and dopamine which help with anxiety and panic attacks.

Vitamin C- This vitamin is also a great booster of the immune system to help fight against infections and viruses.

Watermelon Fantasy

Ingredients:

1 watermelon
1 cantaloupe
2 bananas
1 can pineapple chunks
1 12-oz. bottle of lemon-lime carbonated drink.

Directions:

Cut watermelon lengthwise. Scoop balls of melon from the center of the melon with a melon scoop. Halve the cantaloupe and remove the seeds. Scoop balls from the cantaloupe. Cut bananas into bite-size pieces. Drain pineapple chunks.

Combine fruits in half the watermelon shell and toss lightly. Chill, covered, until ready to serve. Pour chilled lemon-lime drink over fruits. Serve immediately.



Food Access: Peer Consulting

NCIDC is creating a system of peer consulting where successful food and nutrition operators will be available to work with those in need of assistance to improve their program services. This will benefit tribes, Native organizations with child or senior nutrition food programs including summer food or after school snack programs.

If you are interested in getting more information or being involved in this program, please contact: **(800) 566-2381** or andrekar@ncidc.org

