In Traditional Times, our people were healthy because everything they ate was directly from **Unci Maka** – **Grandmother Earth**. Each food is related to the **Four Directions**:

- **The West**: Brings **Mni** – **Water**, the source of all life.
- **The North**: Gives us the buffalo and other four legged to hunt.
- **The East**: Brings Springtime, growing plants, and the beginning of gathering.
- **The South**: Brings the warm summer winds and the growing season for our cultivated plants that were used in trade.

**The Lakota Foodway**

1860’s and Earlier

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A balanced plate of food for today’s Lakota includes the four aspects of our ancestral diet.

- **Water**
- **Lean Meat / Protein**
- **Fruits or Vegetables**
- **Starch / Grain**

In a balanced meal, no food group dominates the plate.

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**Four Winds Nutrition Guide**

Building a Healthier Plate for Today