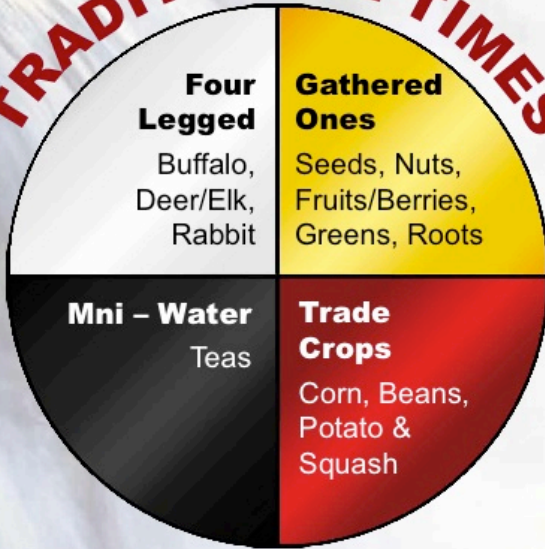


TRADITIONAL TIMES



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**:

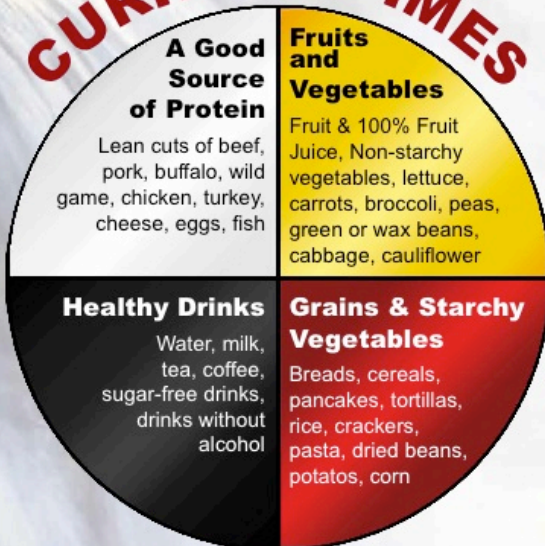
- **The West:** Brings **Mni** – *Water*, the source of all life.
- **The North:** Gives us the buffalo and other four legged to hunt.
- **The East:** Brings Springtime, growing plants, and the beginning of gathering.
- **The South:** Brings the warm summer winds and the growing season for our cultivated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

The Lakota Foodway

1860's and Earlier

Northern Plains Nutrition Consulting – Kibbi Conti

CURRENT TIMES



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.

Four Winds Nutrition Guide

Building a Healthier Plate for Today

Northern Plains Nutrition Consulting – Kibbi Conti