Four Legged
Buffalo, Deer/Elk, Rabbit
Mni - Water Teas

Four Legged Ones
Seeds, Nuts, Fruits/Berries, Greens, Roots

Trade Crops

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 Good Source of Protein

Lean cuts of beef, pork, buffalo, wild game, chicken, turkey, cheese, eggs, fish Fruit & 100% Fruit Juice, Non-starchy vegetables, lettuce, carrots, broccoli, peas, green or wax beans, cabbage, cauliflower

Corn, Beans,

Potato &

Squash

Healthy Drinks

Water, milk, tea, coffee, sugar-free drinks, drinks without alcohol

Grains & Starchy Vegetables

Breads, cereals, pancakes, tortillas, rice, crackers, pasta, dried beans, potatos, corn 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

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